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Be-Ro HOME RECIPES

For SELF-RAISING and PLAIN FLOUR

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SELF RAISING FLOUR RECIPES CONTINUED INSIDE BACK COVER

Jane Nowell.

Be-Ro cuts out oven doubt

For many years Be-Ro Self-Raising Flour has enjoyed an unrivalled reputation among home cooks everywhere as the supreme flour for all baking, giving a consistently high standard of results for scones, cakes, pastry and puddings alike.

Some 30 million copies of the Be-Ro Home Recipes Book have been distributed over the years, and in many families four generations have grown up learning to rely on, and bake with, Be-Ro Self-Raising Flour.

In recent years Be-Ro Wheatmeal and Plain Flour have become widely accepted by discerning housewives. In response to many requests for additional recipes this enlarged 31st Edition has been completely rewritten, and incorporates new recipes for Wheatmeal, Plain Flour and other Be-Ro products, whilst the traditional Self-Raising Flour recipes have been revised where necessary.

Frequent regular deliveries from our nation-wide network of Depots ensures that stocks in the shops are maintained in fresh and perfect condition. To give all your baking the results you deserve, be sure to ask for Be-Ro flour.

Be-Ro cuts out oven doubt.

Joyce Bostock

BE-RO HOME COOKERY SERVICE

THOMAS BELL & SON LTD

DAYBROOK NOTTINGHAM

and BATH LANE NEWCASTLE UPON TYNE 1

Depots at: Dundee, Edinburgh, Bathgate, Glasgow, Cumnock, Berwick-on-Tweed, Carlisle, Penrith, Lancaster, Stockton, Thornaby, York, Hull, Selby, Morley, Sheffield, Wigan, Lincoln, Market Drayton, Birmingham, Peterborough, Thetford, Northampton, Bishops Stortford, Redhill, Bournemouth, Gloucester, Bristol, Cardiff, Exeter.

It's a pleasure to bake with Be-Ro

Good home baking brings both pleasure and satisfaction to housewives and their families alike.

Home cooks know the pleasure of creating really delicious cakes and pastries themselves in their own kitchens. The aroma of freshly baked food is a delight to all, and to see your family, especially the children, eating and enjoying the wholesome results of your own baking skill gives lasting satisfaction. Home baking is doubly rewarding, for you know that wholesome goodness goes into all your scones, cakes, biscuits and pastries, and all cost less than those you buy. Growing children really thrive on good home baking.

Home baking is not at all difficult, and good cooks say it's always a pleasure to bake with Be-Ro. Flour costs less than any other ingredient, so it always pays to buy the best . . . BE-RO.

Be-Ro Self-Raising Flour – pure and white, and carefully blended to make the most of your baking skill. Unlike other flours, the special Be-Ro raising agents act gently and thoroughly only when your pastry or cake mixture is in the oven. Baking powder is not required. No rushing, no worries . . . bake safely with Be-Ro!

Be-Ro Plain Flour – the strong plain flour that's ideal for home made bread and all types of yeast cookery; also for flaky pastry, sauces and batters.

Be-Ro Wheatmeal Flour – rich in protein, this high extraction, strong flour makes delicious, nutty, brown bread and scones.

BE-RO CUTS OUT OVEN DOUBT

Oven management

Description	*Electric and solid fuel ovens*	*Gas ovens*
	°F (Deg. Fahr.)	*Gas mark*
Very slow (very cool)	225 – 250	¼ – ½
Slow oven (cool)	275 – 300	1 – 2
Moderate	325 – 350	3 – 4
Moderately hot	375 – 400	5 – 6
Hot (quick)	425 – 450	7 – 8
Very hot	475 – 500	9 – 10

The above oven settings are only approximate, as both makes of cookers, and individual cookers, vary considerably. Study the chart provided with your cooker.

All Be-Ro recipes are equally suitable for gas, electric and solid fuel cookers.

Guide to oven settings and shelf position.

Very slow oven	Meringues	Middle shelves
Slow oven	Christmas Cake Shortcakes	Middle shelves
Moderate oven	Biscuits	Middle shelves
	Victoria Sandwich 7 inch Large Cakes	Large cakes *slow* heat to finish
Moderately hot oven	Short Pastry	Small items upper shelves
	Fruit Loaves Sandwich Cake	Large items middle shelves
	Small Cakes	
Hot oven	Scones and Buns 'Ruff Puff' Pastry Flaky Pastry Choux Pastry Bread, Rolls and Yeast Cookery	Upper shelves

Light or switch-on the oven, then slightly warm and grease your baking sheet or tin.

Have everything weighed or measured before beginning to mix.

With Be-Ro Self-Raising Flour, there is no need to rush and worry about getting cakes and pastries into the oven as soon as they are mixed. The special Be-Ro raising agents do not start to work without the heat of the oven.

When baking large cakes, it is best not to open the oven door for at least half an hour after putting the cakes in.

Always open and close the oven door gently – Slamming the door may make a cake fall in the centre.

Remember to leave at least 1 inch space all round baking sheets and tins so that the heat can circulate freely.

Weighing and measuring

Accurate weighing and measuring of all ingredients is essential for good results – never guess weights or liquid measures.

Household scales are invaluable to the good cook. So is a graduated measuring jug and a set of British standard measuring spoons. Nowadays these are readily obtained in plastic finish.

Liquid measures

3 British standard teaspoons	= 1 tablespoon
2 British standard tablespoons	= $\frac{1}{4}$ gill
8 British standard tablespoons	= 1 gill
	= $\frac{1}{4}$ Imperial pint
	= 5 fluid oz
2 gills	= $\frac{1}{2}$ Imperial pint
	= 16 tablespoons
4 gills	= 1 Imperial pint
	= 20 fluid oz

The average teacup holds only about $\frac{1}{4}$ pint.

Handy measures

	Approx. number of level tablespoons to give one oz
Flour	3
Cheese, grated	4
Coffee/cocoa	3
Cooking fat/margarine	2
Currants	2
Dried yeast	3
Jam/syrup	1
Sugar, granulated and caster	2
Sugar, icing	3

Level spoon measures are used in all Be-Ro recipes, unless otherwise stated.

Notes

1 To save washing up, measure dry ingredients first, then use the same spoons or utensils for liquids.

2 To measure syrup easily, lightly grease or heat spoon first.

3 To prevent mixtures sticking, dip spoon in milk first when spooning butter or mixture for small cakes.

4 Coins can replace lost weights:
3 pennies: 1 oz.
1 penny plus 1 halfpenny: $\frac{1}{2}$ oz.

A word on ingredients

Sugar – caster sugar dissolves easily and is most suitable for cake making; being finer it is more easily creamed than granulated sugar, which is better used for rubbed-in cakes and scones. Demarara and other brown sugars are often used in rich fruit cakes and gingerbreads to improve the flavour and colour. Icing sugar should be sieved if at all lumpy.

Eggs are better used at room temperature, rather than cold from the refrigerator, but this is not essential. Eggs add richness to the recipe. Break eggs separately into a cup to ensure freshness. **Standard eggs** are used in all Be-Ro recipes, unless otherwise stated.

Liquids – milk adds richness to a mixture and gives a closer, heavier texture. Water gives a lighter, short texture. Very cold water is necessary for certain pastries.

Fats – use the type stated in the recipe. Butter is used for its flavour and keeping qualities but margarine is better for giving volume in creamed cakes. Use pure lard in pastry-making. Proprietary vegetable shortenings are useful, but more expensive. Oil is best for frying. Use lard for greasing tins.

Fruit – buy clean fruit, or wash and dry it before use. Damp fruit will sink to the bottom of a cake. Very syrupy cherries should be halved, then washed or wiped and dusted with flour. Add fruit after the flour, for fruit coated with sugary fat is likely to sink.

THE BEGINNING . . .

Scones and Tea Loaves

Scones are intended for quick use and contain less fat and sugar than cake recipes. Mix dry ingredients, rub in fat, make into a soft dough with liquid, and knead lightly.
Bake scones quickly in the hottest (top) part of the oven. Bake tea loaves in the middle of a moderate oven.
The tea loaves in the following section all eat better if kept for a day or two before cutting. For other tea buns and breads see Plain Flour Section (pages 59-65).

Rich Scones

8 oz Be-Ro S.R. Flour
½ teaspoon Salt
1½ oz Margarine
1 oz Sugar
2 tablespoons Currants or Sultanas
1 Egg and Milk (to make ¼ pint liquid – keep back a spoonful for the tops)

Makes 14 scones

1 Mix flour and salt in basin, rub in margarine
2 Mix in sugar and fruit
3 Beat egg and milk together, add to flour to make a soft dough
4 Turn on to floured surface, roll out to half-inch thickness and cut into rounds with a 2½ inch cutter
5 Place on a greased baking sheet, brush over the tops with beaten egg or milk
6 Bake in a hot oven (425-450°F, gas mark 7-8) for about 10 minutes

Plain Scones

8 oz Be-Ro S.R. Flour
½ teaspoon Salt
1½ oz Lard
Milk to make a soft dough

Make and bake as Rich Scones
Makes 10 scones

Ideal for strawberry jam and cream teas, or see list of savoury fillings and toppings on page 76

Plain Brown Scones

8 oz Be-Ro Wheatmeal Flour
½ teaspoon Salt
2 teaspoons Baking Powder
1½ oz Margarine
Milk sufficient to mix

1 Place flour, salt and baking powder in bowl
2 Rub in margarine
3 Mix to soft dough with milk
4 Roll and cut into shape, brush tops with milk
5 Bake in hot oven (425°F, gas mark 7) for 15-20 minutes

Baking powder is used in Brown Scone recipes

Rich Brown Scones

8 oz Be-Ro Wheatmeal Flour
2 teaspoons Baking Powder
½ teaspoon Salt
2 oz Margarine
1 oz Sugar
2 oz Sultanas
1 Egg
6 tablespoons Milk

Make and bake as Rich Scones
Makes 10 Scones

Cheese Scones

6 oz Be-Ro S.R. Flour
1 oz Margarine
3 oz grated Cheese
Salt, Pepper, Mustard
1 Egg
2 tablespoons Milk

1 Rub fat into flour, add cheese and seasoning
2 Mix in beaten egg and milk
3 Roll out to half-inch thickness and cut into triangles
4 Brush tops with egg or milk and sprinkle with cheese
5 Bake in hot oven (425-450°F, gas mark 7-8) for 15 minutes

For toppings see page 76

Victoria Scones

8 oz Be-Ro S.R. Flour
½ teaspoon Salt
2 oz Lard
2 oz Sugar
1 Egg, beaten (put aside a spoonful for the tops)
Milk (to make a soft dough)
8 Glacé Cherries

1 Mix flour and salt in a basin, rub in lard
2 Mix in sugar
3 Stir in beaten egg and milk with a knife, to make a soft dough
4 Turn on to a floured surface, divide into four and roll into rounds half-inch thick
5 Place on a greased baking sheet, make deep right-angle cuts across the top, almost into quarters
6 Brush over with beaten egg, place half a cherry in the centre of each quarter
7 Bake in moderately hot oven (400°F, gas mark 6) for 15 minutes

Rock Buns

8 oz Be-Ro S.R. Flour
4 oz Sugar
4 oz Margarine
3 oz Currants
1 oz Mixed Peel
1 Egg and a little Milk

1 Mix flour and sugar in bowl, rub in margarine
2 Mix in currants and peel
3 Mix to a stiff dough with beaten egg and a little milk
4 Place in rough heaps on a greased baking sheet
5 Bake in a hot oven (425-450°F, gas mark 7-8) for about 20 minutes

BAKING WITH A GIRDLE

A baking girdle should be well greased, then heated until a little water sprinkled on the surface skips about in balls before evaporating. A solid iron baking sheet or frying pan makes a good substitute. Bake each side of the scone until brown – about 3 minutes

Dropped Scones

4 oz Be-Ro S.R. Flour
¼ teaspoon Salt
½ oz Margarine
2 oz Sugar
1 Egg (beaten with 4 tablespoons Milk)
6 drops Lemon Essence

Makes 12 scones

1 Mix flour and salt in basin, rub in margarine

2 Mix in sugar

3 Add beaten egg, milk and flavouring to make a smooth batter

4 Bake 2 or 3 at a time by dropping a tablespoonful for each scone on to a hot, well greased girdle. Bake both sides for 3 minutes

Serve buttered, hot or cold

Girdle Scones

8 oz Be-Ro S.R. Flour
¼ teaspoon Salt
1 oz Lard
1 oz Sugar
1 Egg, beaten with ¼ pint milk

1 Mix flour and salt, rub in lard

2 Mix in sugar

3 Mix in milk and egg quickly with a wooden spoon, until all the flour is absorbed (no longer)

4 Turn out, on a well floured surface, divide into three pieces (do not knead, as the less handling the dough gets, the better the scones)

5 Roll out to quarter-inch thickness and divide each round into four

6 Bake on moderately hot, well greased girdle for 3 minutes each side

Welsh Girdle Cakes

8 oz Be-Ro S.R. Flour
½ teaspoon Salt
4 oz Margarine
2 oz Caster Sugar
2 oz Currants
1 Egg
2 tablespoons Milk

1 Mix flour and salt in a basin, rub in fat

2 Add sugar and currants

3 Mix to a fairly stiff dough with egg and milk

4 Roll out thinly on a floured surface, cut into rounds with a 2 inch cutter

5 Bake on a moderately hot, well greased girdle for 3 minutes on each side

Serve buttered, hot or cold

Granny Loaf

8 oz Be-Ro S.R. Flour
½ teaspoon Salt
1 oz Soft Brown Sugar
2 oz Chopped Walnuts
3 oz Raisins or Sultanas
1 tablespoon Golden Syrup
¼ pint Milk

1 Place all dry ingredients together in a bowl, add nuts and fruit

2 Beat to a very soft mixture with golden syrup and milk

3 Place in a greased 6 inch cake tin

4 Bake in moderate oven (350-375°F, gas mark 4-5) about 45 minutes

5 Brush with a *Sugar Glaze* (page 79), whilst still warm

Date and Walnut Loaf

8 oz Dates
Pinch Bicarbonate of Soda
¼ pint boiling Water
3 oz Margarine
3 oz Caster Sugar
1 Egg
8 oz Be-Ro S.R. Flour
3 oz broken Walnuts

1 Break dates into small pieces and place in basin
2 Pour on the boiling water, add bicarbonate and leave to stand until cold
3 Cream margarine and sugar, add beaten egg
4 Mix in flour, nuts and lastly, dates, stirring carefully so that the dates do not break up
5 Pour the mixture into a greased, lined 2 lb loaf tin
6 Bake in moderate oven (325-350°F, gas mark 3-4) for 1¼ hours

To improve flavour, keep in an airtight tin for a few days

Date Tea Loaf

8 oz Be-Ro S.R. Flour
½ teaspoon Salt
1 oz Soft Brown Sugar
6 oz Dates
1 tablespoon Golden Syrup
1 Egg beaten with
¼ pint Milk

1 Chop dates into pieces the size of a cherry
2 Place all dry ingredients in a bowl, add dates
3 Mix to a very soft consistency with golden syrup, egg and milk
4 Place in a well greased 6 inch cake tin
5 Bake in moderate oven (350-375°F, gas mark 4-5) for 45-50 minutes
6 Brush with a sugar glaze (page 79) whilst still warm

Emergency Bread

This is a quick standby recipe using Self-Raising Flour, handy for any occasion when you may need extra bread, but have no yeast available. For Plain Flour bread recipe see pages 59-61.

1 lb Be-Ro S.R. Flour
1 teaspoon Salt
½ pint Milk

1 Mix flour and salt in a bowl, add milk to make dough
2 Place in a well greased 7 inch cake tin
3 Bake in moderate oven (350-375°F, gas mark 4-5) about an hour

Sultana Malt Cake

8 oz Be-Ro S.R. Flour
1 teaspoon Bicarbonate of Soda
2 tablespoons Golden Syrup
2 tablespoons Malt Extract
½ pint Milk
1 Egg
4 oz Sultanas

1 Sift flour and bicarbonate of soda

2 Melt syrup, malt extract and milk together

3 Beat egg and add to flour with liquid

4 Add sultanas and pour mixture into greased 1 lb loaf tin

5 Bake in moderately hot oven (350-375°F, gas mark 4-5) for 40-45 minutes

Orange and Raisin Loaf

8 oz Be-Ro S.R. Flour
½ teaspoon Bicarbonate of Soda
1 oz Lard
1 oz Margarine
4 oz Caster Sugar
Grated rind and juice of half Orange
6 oz Seedless Raisins
Milk

1 Mix flour and bicarbonate of soda, rub in fat

2 Mix in sugar, grated orange rind and raisins

3 Place orange juice in measuring jug, make up to ¼ pint with milk. Stir in to make a dropping consistency

4 Grease a 1 lb loaf tin and pour mixture into it, making a hollow in the centre

5 Bake in moderate oven (350°F, gas mark 4) for 20 minutes, then lower heat (325°F, gas mark 3) for a further 1¼ hours

In both recipes, bicarbonate of soda gives a rich dark colour

Biscuits and Cookies

Quick and easy to make, home made biscuits and cookies are a firm favourite with all the family – and friends too! Crisp and tasty, the ideal accompaniment whenever it's time for a cup of tea or coffee.
With biscuits, roll out the mixtures as thinly as possible and bake carefully in a moderate oven to an even colour. When cool, store in an airtight tin or jar.

Rich Biscuits

3 oz Be-Ro S.R. Flour
4 oz Caster Sugar
4 oz Butter or Margarine
1 Egg (beaten)
Rind and Juice of half a Lemon

1 Mix flour and sugar in bowl and rub in fat until mixture resembles breadcrumbs
2 Add grated rind of lemon and mix to a stiff paste with beaten egg and lemon juice
3 Roll out thinly and cut into rounds with a scone cutter (about 40)

Rich Biscuits and Shrewsbury Biscuits

4 Place on a greased baking sheet and bake in moderate oven (325-350°F, gas mark 3-4) about 15 minutes

Shrewsbury Biscuits

The same recipe as for Rich Biscuits, with the addition of 2 tablespoons currants

Animal Biscuits

A children's favourite! Make mixture as for Rich Biscuits, use 'animal' cutters. Also make some oblong biscuits for stands. When cold, decorate with *Butter Cream* or *Glacé Icing* (page 78)

Almond Biscuits

6 oz Be-Ro S.R. Flour
Pinch Salt
3 oz Caster Sugar
2 oz Ground Almonds
5 oz Margarine
¼ teaspoon Almond Essence
Blanched Almonds

1 Mix together thoroughly flour, salt, sugar and ground almonds

2 Rub in margarine

3 Add essence and knead well

4 Roll out to about ¼ inch thickness, cut into rounds with scone cutter. Place half a blanched almond on each (see page 79)

5 Place on a greased baking sheet and bake in moderate oven (325-350°F, gas mark 3-4) about 15 minutes

Rice Biscuits

8 oz Be-Ro S.R. Flour
4 oz Be-Ro Ground Rice
6 oz Caster Sugar
6 oz Margarine
4 tablespoons Milk
¼ teaspoon Lemon Essence
Glacé Cherries

1 Mix together thoroughly, flour, rice and sugar, rub-in margarine

2 Mix to a stiff paste with milk and lemon essence

3 Roll out thinly and cut into rounds with a scone cutter, decorate with a small piece of cherry. Place on greased baking sheet

4 Bake in moderate oven (325-350°F, gas mark 3-4) about 15 minutes

Oatmeal Biscuits

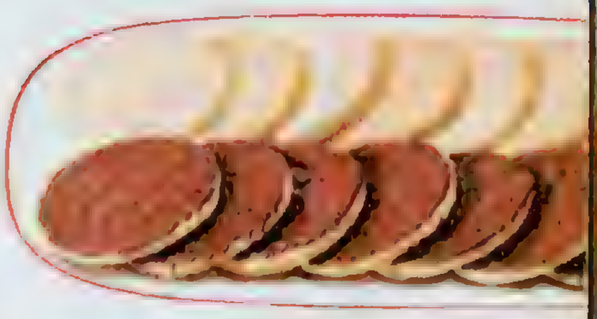
5 oz Be-Ro S.R. Flour
5 oz Oatmeal
Pinch Salt
3 oz Sugar
3 oz Margarine
3 tablespoons Milk

1 Mix together dry ingredients, rub-in margarine
2 Mix to a stiff paste with milk
3 Roll out thinly, cut into rounds and place on a greased baking sheet
4 Bake in moderate oven (325-350°F, gas mark 3-4) 15-20 minutes

Wheatmeal Biscuits

8 oz Be-Ro Wheatmeal Flour
1 oz Sugar
5 oz Butter or Margarine
1 Egg beaten with
½ teaspoon Vanilla Essence

1 Mix together flour and sugar, rub in margarine
2 Add egg and essence, mix to a stiff paste
3 Roll out and cut into rounds, place on a greased baking sheet
4 Bake in a moderate oven (350-375 F, gas mark 4-5) about 20 minutes
5 When cold, coat one side with chocolate, if desired



8 oz Margarine
5 oz Caster Sugar
3 oz Coconut
2½ oz Crushed Cornflakes
1 Tablespoon Cocoa
5 oz Be-Ro S.R. Flour

1 Melt margarine over low heat
2 Stir in sugar, cocoa, coconut and cornflakes
3 Gradually stir in flour
4 Turn into a greased swiss roll tin. Level with a knife
5 Bake in moderate oven (350°F, gas mark 4) for 30 minutes
6 Cut into triangles while still warm. When cold, cover with melted chocolate if desired

Australian Crunchie

Nutty Flapjacks

4 oz Margarine
1 teaspoon Syrup
4 oz Sugar
2 oz Oats
2 oz Be-Ro S.R. Flour
3 oz crushed Cornflakes

1 Melt the margarine and syrup, but do not overheat
2 Mix in a bowl, sugar, oats, flour and cornflakes
3 Pour the margarine mixture on to the dry ingredients and mix thoroughly
4 Place in a well greased swiss-roll tin and bake in moderately hot oven (375°F, gas mark 5) 15-20 minutes until just firm
5 Cut into fingers whilst still hot, leave to cool in tin

Chocolate Chip Cookies

3 oz Margarine
3 oz Brown Sugar
1 Egg
½ teaspoon Vanilla Essence
6 oz Be-Ro S.R. Flour
¼ teaspoon Salt
4 oz Plain Chocolate, or Chocolate Chips

1 Cream margarine and sugar, add egg and vanilla essence, beat well
2 Gradually mix in the flour and salt, add chocolate cut into small pieces
3 Place in teaspoonsful on to a greased baking sheet
4 Bake in moderate oven (325-350°F, gas mark 3-4) for 10-15 minutes

Crunchies

2 oz Lard
2 oz Margarine
3 oz Sugar
1 tablespoon Golden Syrup
3 teaspoons boiling Water
Few drops Vanilla Essence
4 oz Be-Ro S.R. Flour
2 oz Rolled Oats

1 Cream fats and sugar, add syrup, boiling water and essence
2 Stir in flour and oats, mix well
3 Roll mixture into balls (about 28) and place on a greased baking sheet
4 Bake in moderate oven (325-350°F, gas mark 3-4) for 15-20 minutes
5 When cool, decorate with a little glacé icing and a piece of cherry

Brandy Snaps

2 oz Margarine
2 oz Sugar
2 tablespoons Golden Syrup
2 oz Be-Ro S.R. Flour
½ teaspoon Ground Ginger
1 teaspoon Brandy or Rum (or Essence)
¼ teaspoon Lemon Essence

Makes 16 Brandy Snaps

1 Melt fat, sugar and syrup in pan
2 Remove from heat, add all other ingredients and mix well
3 Grease and flour a baking sheet, drop mixture in teaspoonsful, at least 3 inches apart
4 Bake in moderate oven (325-350°F, gas mark 3-4) for 7-10 minutes until golden brown
5 Have ready one or two wooden spoons and a wire tray
6 Remove baking tray from oven, allow to stand a moment on cooker, until biscuits can be easily lifted with a knife
7 Roll round wooden spoon handle and leave for a minute to set. If the biscuits become too stiff to roll, place over heat for a moment to soften again
8 Place a little whipped cream or mock cream into the ends before serving

Melting Moments

2½ oz Be-Ro S.R. Flour
1½ oz Caster Sugar
2 oz Margarine
½ teaspoon Vanilla Essence
Rolled Oats or Desiccated Coconut
Glacé Cherries

1 Cream together margarine and sugar, add essence
2 Stir in flour and mix thoroughly
3 Divide mixture into 20 pieces, roll each into a ball with wet hands and coat with rolled oats or desiccated coconut
4 Place on greased baking sheet, press out slightly and place a small piece of cherry on centre of each biscuit
5 Bake in moderate oven (325-350°F, gas mark 3-4) for 15-20 minutes

Coffee Kisses

6 oz Be-Ro S.R. Flour
3 oz Caster Sugar
3 oz Margarine
1 Egg beaten with
1 tablespoon dissolved Instant Coffee or Essence

1 Mix flour and sugar, rub in margarine
2 Stir in egg and coffee essence, mix well
3 Form into balls the size of a cherry (about 60) and place on a greased baking sheet
4 Bake in moderate oven (325-350°F, gas mark 3-4) for 15-20 minutes
5 When cold, sandwich together in pairs with *Coffee Butter Icing* (page 78)

Viennese Fingers

6 oz Butter or Margarine
2 oz Caster Sugar
6 oz Be-Ro S.R. Flour
¼ teaspoon Vanilla Essence

FILLING
Jam, Butter Cream and Chocolate

1 Cream fat and sugar, add essence and flour, beat well with wooden spoon

2 Place mixture in a piping bag with ½ inch nozzle and pipe fingers, 2½ inches long, on to a greased baking tray

3 Bake in moderate oven (325-350°F, gas mark 3-4) for 20-25 minutes

4 When cool, sandwich fingers together with jam and *Butter Cream* (page 78), dip the ends in melted chocolate.

Viennese Rosettes

1 Make as Viennese Fingers, but pipe rosettes onto greased baking sheet and place a piece of cherry in the centre of each

2 Bake in moderate oven (325-350°F, gas mark 3-4) for 20-25 minutes

Ginger Snaps

8 oz Be-Ro S.R. Flour
Pinch Salt
1 teaspoon Ground Ginger
4 oz Caster Sugar
3 oz Margarine
4 oz Syrup
1 Egg (beaten)

1 Mix all dry ingredients thoroughly

2 Warm the margarine and syrup, beat together

3 Add the dry ingredients and beaten egg alternately, a little at a time, to the margarine and syrup. Mix well

4 Place single teaspoonsful, in rounds, on a greased baking sheet

5 Bake in moderate oven (325-350°F, gas mark 3-4) about 15 minutes

Coconut Meringue Cookies

BASE

3 oz Margarine
4 oz Caster Sugar
2 Egg Yolks
2 tablespoon Milk
Few drops Vanilla Essence
6 oz Be-Ro S.R. Flour
½ teaspoon Salt

TOPPING

2 Egg Whites
2 oz Coconut
4 oz Caster Sugar
Chopped Cherries and Nuts

1 Cream margarine and sugar, beat in egg yolks, milk and essence
2 Fold in flour and salt
3 Line and grease swiss roll tin. Press mixture into tin
4 Beat egg whites until stiff, add coconut and sugar
5 Spread mixture over base and sprinkle with cherries and nuts
6 Bake in moderate oven (325°F, gas mark 3) about 30 minutes
7 When cold, cut into slices and remove from tin

Cheese Straws

4 oz Be-Ro S.R. Flour
Pinch Salt
Pinch Mustard
2 oz Margarine
3 oz Grated Cheese (hard)
1 Egg

1 Sift together flour, salt and mustard, rub in margarine
2 Mix in cheese and make a stiff paste with beaten egg
3 Roll out very thinly and cut into narrow circles or fingers, place on a greased baking sheet
4 Bake in moderate oven (350-375°F, gas mark 4-5) for 15-20 minutes

Pastry

Three basic rules for pastry making:

1 Keep pastry cool
2 Handle pastry lightly
3 Bake pastry in a HOT oven

Cool hands, a cool pastry board or worktop, and water as cold as possible help to produce the best results. Use the fingertips, as they are the coolest part of the hands. Lift the flour well out of the bowl to incorporate as much air as possible when rubbing in the fat. Always mix with a knife. Add water gradually, a little at a time, to achieve the correct consistency for each type of pastry. Too much liquid makes heavy pastry. Avoid adding more flour after the water.

In making pastry try to incorporate as much cold air as possible, so that in baking this air expands and produces light pastry. In Suet and Shortcrust this is done by rubbing in and light handling, and in 'Ruff Puff' and Flaky pastry the air is incorporated by folding and rolling.

Roll out quickly and lightly, always rolling **away** from you, and not from side to side. Turn the pastry, not the rolling pin. Avoid stretching, as this causes shrinkage in baking. Roll evenly and do not roll over the ends of the pastry. Dust rolling pin and worktop lightly with flour to prevent sticking. Pies, tarts, pasties and turnovers should be brushed over with a suitable glaze before baking. Always bake in a hot oven (upper shelves) with a very hot oven for richer pastry.

The three basic rules and foregoing hints apply for all the following types of pastry:

1 Short pastry (page 22)
2 'Ruff Puff' pastry (page 32)
3 Suet pastry (page 36)
4 Flaky pastry (page 68)

Two additional types of pastry made by completely different methods are:

5 Hot water crust pastry (page 67)
6 Choux pastry (page 72)

When to use Self-Raising or Plain Flour

Short
'Ruff Puff'
Suet crust
} Use Be-Ro Self-Raising Flour

Flaky
Hot water crust
Choux
} Use Be-Ro Plain Flour

In all recipes '8 oz of pastry' means 8 oz of flour, plus all the other ingredients.

Short Pastry

The most popular of all pastries, this is easier and quicker to make than the richer pastries. Equally useful for sweet and savoury dishes, short pastry is traditionally prepared by lightly rubbing in the fat with the fingertips, until the flour and fat mixture looks like fine breadcrumbs.
Aerate the flour by lifting out of the bowl and allowing it to fall back through the fingers. Add just enough very cold water to make a stiff paste, using a knife.

Short Pastry
8 oz Basic Recipe

8 oz Be-Ro S.R. Flour
½ teaspoon Salt
2 oz Lard
2 oz Margarine
Cold Water (about 8 teaspoons)

1 oz Caster Sugar (optional for sweet pastry)

1 Mix flour and salt in basin, rub in lard and margarine

2 Using a knife to cut and stir, mix with cold water to form a stiff paste

3 Turn dough on to a floured board or worktop and roll out

Pastry Flan Cases

Plain short crust pastry may be used for making a flan case, but if a sweet filling is to be used, sugar may be added to the pastry (1 oz sugar to 8 oz flour, added after the fat has been rubbed in).

To **bake 'blind',** line flan ring (fluted for a sweet filling, plain for savoury) with rolled out pastry. Place circle of greaseproof paper over the pastry, then a layer of rice or beans (store in jar for future use). Bake in a moderately hot oven (375 F, gas mark 5). If the case is for immediate use, with a hot filling, e.g. custard tart, bake for 15 minutes, fill and re-heat. When making a case for a cold filling, or to store for future use, bake for 20 minutes, remove paper, beans and flan ring, then return to oven for a further 5 minutes until crisp and firm.

A baked flan case is always a useful standby, ready to be filled and used as a quick and easy sweet. With a savoury filling, it may be served hot for tea or supper, or cold with a crisp salad.

Jam or Lemon Curd Tartlets

4 oz Be-Ro Short Pastry (page 22)
Jam or Lemon Curd

1 Roll out pastry, cut into rounds and line patty tins
2 Put a little jam or lemon curd in each (do not over-fill or it will boil out)
3 Bake in moderately hot oven (375-400°F, gas mark 5-6) about 15 minutes

A little more warmed Jam or Lemon curd may be added to fill cases, if desired

Maids of Honour

6 oz Be-Ro Short Pastry (see page 22)
FILLING
Jam
2 oz Margarine
2 oz Caster Sugar
2 oz Be-Ro S.R. Flour
1 Egg

1 Roll out pastry and cut into 24 rounds, line patty tins
2 Place a little jam into each case
3 Cream margarine and sugar, fold in beaten egg and flour
4 Place a teaspoonful of mixture into each case
5 Bake in moderately hot oven (375-400°F, gas mark 5-6) about 20 minutes

Butter Tartlets

6 oz Be-Ro Short Pastry (page 22)
FILLING
1 oz Butter
4 oz Currants
4 oz Demarara Sugar
1 Egg
1 teaspoon Vanilla Essence

1 Roll out pastry and line patty tins
2 Melt butter in pan, add all other ingredients and mix well
3 Put teaspoonful of mixture into each case
4 Bake in moderately hot oven (375-400°F, gas mark 5-6) for 15-20 minutes
5 When cold, decorate with a little glacé icing and cherries

Oysters

8 oz Be-Ro Short Pastry (page 22)

FILLING

2½ oz Margarine
2½ oz Caster Sugar
3 oz Ground Almonds
1 Egg (beaten)
¼ teaspoon Almond Essence
Jam and Cream

1 Line patty tins with short pastry
2 Soften together margarine and sugar, add ground almonds, essence and egg, a little at a time
3 Place a teaspoonful of the mixture into each case
4 Bake in moderate oven (350-375° F, gas mark 4-5) about 20 minutes
5 When cool, core filling from the pastry with a knife, pipe a little red jam and cream in the pastry and replace filling at an angle, to resemble oysters
6 Sprinkle with icing sugar

Macaroons

4 oz Be-Ro Short Pastry (page 22)

FILLING

2 oz Caster Sugar
2 oz Ground Almonds
1 small Egg
A little Raspberry Jam

1 Roll out pastry thinly and line 12 patty tins
2 Mix almonds and sugar with sufficient beaten egg to make a soft mixture
3 Place a little jam into each case, then one teaspoon of almond mixture
4 Sprinkle lightly with caster sugar
5 Make thin strips of pastry from the cuttings and lay across the tops at right-angles
6 Bake in moderately hot oven (375° F, gas mark 5) about 20 minutes

Fruit Flan

4 oz Be-Ro Short Pastry (page 22)

FILLING

Peaches or any other Fruit (tinned, bottled or fresh)

Jelly or Arrowroot Glaze (page 79)

1 Line 7 inch flan ring with pastry

2 Bake blind (see page 22) in moderately hot oven (375°F, gas mark 5) for 20-25 minutes

3 When cold, arrange fruit in case and glaze with either $\frac{1}{4}$ pint jelly, which is almost at setting point, or *Arrowroot Glaze* (page 79)

4 Decorate with a little whipped cream

Lemon Meringue Pie

4 oz Be-Ro Short Pastry (page 22)

FILLING

2 Eggs

3 oz Caster Sugar

Juice and rind of 1 Lemon

$\frac{1}{4}$ pint Boiling Water

1 oz Cornflour

1 Line 7 inch flan ring with pastry, bake blind for 15 minutes (375°F, gas mark 5)

2 Beat egg yolks with 6 oz sugar, add lemon juice, grated rind and boiling water

3 Bring to boiling point in a saucepan and thicken with cornflour dissolved in a little cold water

4 Pour mixture into prepared flan case

5 Whisk egg whites until stiff enough to stay in bowl when turned upside-down, add remaining 2 oz sugar and beat again until stiff

6 Spread over flan and return to slow oven (300°F, gas mark 2) until crisp and golden brown

Custard Tart

4 oz Be-Ro Short Pastry (page 22)

FILLING

2 Eggs

½ pint Milk

2 tablespoons Sugar

Grated Nutmeg

1 Line 7 inch sandwich tin or flan ring with pastry. Bake blind for 15 minutes (see page 22) (375°F, gas mark 5)

2 To prepare custard filling, whisk eggs, bring milk and sugar to boil, pour on to eggs and stir

3 Remove paper and rice from pastry case, pour in custard filling. Grate a little nutmeg on the top

4 Bake in moderately hot oven (375°F, gas mark 5) for a further 15 minutes until set

Custard Tartlets

4 oz Be-Ro Short Pastry (page 22)

FILLING

As for Custard Tart

1 Line tartlet tins or foil baking cases with pastry

2 Half fill each case with custard filling, grate a little nutmeg on the top

3 Bake in moderate oven (350°F, gas mark 4) for 15-20 minutes

Strawberry Boats

6 oz Be-Ro Short Pastry (page 22)

Strawberries

Strawberry Jelly or Arrowroot Glaze

1 Line boat-shaped tins with pastry, prick bottoms with fork, line and bake blind for 10-15 minutes (375°F, gas mark 5)

2 When cool, fill with firm strawberries, either whole or sliced

3 Glaze with either ¼ pint strawberry jelly which is almost at setting point, or an *Arrowroot Glaze* (page 79)

4 Make sails with rice paper and cocktail sticks

Honey Nut Boats

6 oz Be-Ro Short Pastry (page 22)

FILLING

3 oz Margarine
3 oz Caster Sugar
3 oz Ground Almonds
1 tablespoon Honey
A little Coffee Essence
Coffee Glacé Icing (page 78)
Chopped Nuts

1 Line boat-shaped patty tins with pastry. Prick bottoms and bake blind (375°F, gas mark 5) for 10-15 minutes

2 Cream fat and sugar, mix in almonds, honey and a little coffee essence

3 Pipe into baked pastry cases and leave until quite firm

4 Coat the tops with *Coffee Glacé Icing* and sprinkle chopped nuts along centres

Rich Coconut Tartlets

4 oz Be-Ro Short Pastry (page 22)

FILLING

2 oz Margarine
2 oz Caster Sugar
2 oz Desiccated Coconut
Half an Egg

1 Roll out pastry thinly and line patty tins

2 Place a little jam in each

3 Soften margarine and sugar, stir in beaten egg and coconut. Mix well

4 Form filling into little balls (about 1 teaspoonful in each), place one on each case and flatten to fit

5 Bake in moderate oven (350°-375°F, gas mark 4-5) about 15 minutes

Curd Tarts

4 oz Be-Ro Short Pastry (page 22)

FILLING

8 oz Cottage Cheese or Curds, if available
2 oz Sugar
2 oz Currants
1 Egg
1½ oz Margarine
Pinch Cinnamon
Pinch Nutmeg

1 Line 7 inch flan ring or patty tins with pastry

2 Melt margarine, mix in all other ingredients, fill flan or patty cases

3 Bake in hot oven (425°F, gas mark 7) for 15-20 minutes

Almond Slices

6 oz Be-Ro Short Pastry (page 22)
2 oz Margarine
2 oz Sugar
2 oz Ground Almonds
2 oz Be-Ro Ground Rice
1 Egg
1½ oz Chopped Almonds
Raspberry Jam

1 Line 7 inch square baking tin with pastry and spread with raspberry jam
2 Cream margarine and sugar
3 Add ground almonds, ground rice and beaten egg, mix well
4 Spread mixture on top of jam, sprinkle with chopped almonds
5 Bake in moderately hot oven (375°F, gas mark 5) 20-25 minutes
6 Allow to cool, then cut into fingers

Lemon Fingers

4 oz Be-Ro Short Pastry (page 22)
Lemon Curd to decorate

BISCUIT MIXTURE

4 oz Be-Ro S.R. Flour
4 oz Margarine
1½ oz Caster Sugar
1 oz Ground Almonds
½ teaspoon Vanilla Essence
About half an Egg to bind

1 Roll out pastry thinly into a rectangle about 11×7 inches trim and cut into two long strips
2 Place on a well greased baking sheet and prick with a fork
3 Cream fat and sugar, beat in egg and essence
4 Mix in ground almonds and flour to make a soft piping consistency
5 Put mixture into piping bag with medium star nozzle. Pipe down both sides of each strip and then down the centre
6 Bake in moderately hot oven (375°F, gas mark 5) for 20-25 minutes, until firm
7 Leave on baking sheet, pipe lemon curd between biscuit mixture
8 Cut into fingers while still warm, decorate with cherries and angelica, if desired

Treacle Tart

Bakewell Tart

6 oz Be-Ro Short Pastry (page 22)

FILLING

2 oz Margarine
2 oz Caster Sugar
2 oz Be-Ro Ground Rice
1 oz Ground Almonds
1 Egg
2 tablespoons Jam or Lemon Curd
Few drops Almond Essence, if desired
Blanched Almonds (page 79)

1 Line a 7 inch sandwich tin with pastry, spread with jam or lemon curd
2 Cream margarine and sugar
3 Mix together almonds and ground rice, add to creamed mixture alternately with beaten egg.
4 Spread the mixture in the case, decorate with strips of pastry and blanched almonds
5 Bake in moderately hot oven (350-375°F, gas mark 4-5) for 40-45 minutes

Apple Dumplings

8 oz Be-Ro Short Pastry (page 22)
4 Medium Apples
2 oz Sugar

1 Peel and core apples
2 Divide pastry into four, roll out into circles
3 Stand apples on pastry, fill holes with sugar, draw up pastry and holding apple in the palm of the hand, carefully mould pastry to completely cover apple
4 Place dumplings on a greased baking sheet with sealed edges underneath
5 Bake in moderate oven (350-375°F, gas mark 4-5) for 30-40 minutes until apple is tender. Dredge with caster sugar

Treacle Tart

Illustration on facing page

6 oz Be-Ro Short Pastry (page 22)
4 oz Golden Syrup
1 oz Fresh Breadcrumbs
1 teaspoon Lemon Juice

1 Roll pastry, line 7-8 inch ovenproof plate
2 Warm syrup in a saucepan, with breadcrumbs and lemon juice
3 Pour mixture on to pastry, decorate top with pastry trimmings
4 Bake in moderately hot oven (375-400°F, gas mark 5-6) about 30 minutes

Cornish Pasties

6 oz Be-Ro Short Pastry (page 22)

FILLING

4 oz Raw Beef
2 Potatoes (medium)
1 small Onion
1 teaspoon Salt
Pinch Pepper

1 Divide pastry into four, roll out each piece to $\frac{1}{4}$ inch thickness keeping a good round shape

2 Chop meat finely, coarsely shred potatoes and onion, add to meat, season and mix well

3 Divide the meat mixture between the four rounds of pastry, wet edges of pastry, and draw up the sides so that the edges meet in the centre

4 Press edges well together, flute with the fingers, brush over with beaten egg or milk

5 Bake in centre of a hot oven (425°F, gas mark 7) for 10 minutes, then reduce heat (350°F, gas mark 4), cook for a further 40 minutes

Bacon and Egg Pie

8 oz Be-Ro Short Pastry (page 22)

FILLING

$\frac{1}{2}$ lb Streaky Bacon
3 eggs
Salt and Pepper to taste
$\frac{1}{2}$ teaspoonful Mixed Herbs (optional)

1 Divide pastry into two, roll out and line an 8 inch pie plate or foil baking case with one piece

2 Remove rinds and cut bacon into small pieces

3 Beat eggs lightly in a basin, add bacon, seasoning and herbs if desired

4 Pour mixture into prepared plate and cover with second round of pastry

5 Seal edges. Decorate top with pastry leaves. Make a small hole in the centre of top. Brush over with milk or beaten egg

6 Bake in moderately hot oven (375 F, gas mark 5) about 35-40 minutes

Serve hot or cold

Quiche Lorraine

4 oz Be-Ro Short Pastry (page 22)

FILLING

4 oz Streaky Bacon
2-3 oz Gruyère or Cheddar Cheese
2 Eggs
$\frac{1}{4}$ pint Milk
Salt and Pepper

1 Line a 7 inch tart plate or plain flan ring with pastry, trim and decorate the edges

2 Use the thin ends of the bacon rashers to make 5 bacon rolls, cut the remainder into pieces and fry lightly

3 Place layers of thinly sliced cheese over the pastry, add bacon

4 Beat eggs, milk and seasoning, pour on to tart

5 Bake in moderately hot oven (375°F, gas mark 5) for 40-45 minutes until set

6 Decorate with grilled bacon rolls

Cheese and Onion Tart

8 oz Be-Ro Short Pastry (page 22)

FILLING

2 large Onions
4 oz grated Cheese
$\frac{1}{2}$ oz Be-Ro Flour
2 tablespoons Milk
Seasoning to taste

1 Divide pastry in two, roll out and line 8 inch plate with one half

2 Slice onions, dip into seasoned flour and place on to pastry

3 Cover onion with grated cheese, sprinkle over with milk

4 Cover with other round of pastry and press edges together, decorate and brush over with milk

5 Bake in moderately hot oven (375-400°F, gas mark 5-6) about 30 minutes

'Ruff Puff' Pastry

This is perhaps the second most popular pastry. Not at all difficult to make, and suitable for sausage rolls, meat and fruit pies, etc., it can be used for many recipes in place of flaky and short pastry. Bake in a hot oven. Study the hints on page 21.

'Ruff Puff' Pastry

8 oz Basic Recipe

8 oz Be-Ro S.R. Flour
½ teaspoon Salt
5 oz Lard (or Lard and Margarine)
Cold Water (approx ¼ pint)

1 Mix flour and salt in basin, add fat cut into small pieces
2 Stir in with a knife (do not rub in)
3 Mix into a stiff paste with cold water
4 Turn on to floured worktop and roll out into a narrow strip; fold into three, turn one of the open ends towards you and roll out again. Do this three times in all
5 Leave pastry to rest (about 15 minutes) then roll into shape desired
6 Always take care to roll away from you and do not break the little air bubbles that will rise
7 In hot weather allow pastry to rest for 20-30 minutes in a refrigerator or cool place before use

Sausage Rolls

8 oz Be-Ro 'Ruff Puff' Pastry (see above)
8 oz Sausage Meat or Skinless Sausages

1 Roll out pastry into a long strip 3 inches wide
2 Roll the sausage meat with floured hands into a 'sausage' as long as the pastry strip, place on edge of pastry
3 Roll-up pastry to enclose meat, wet the edge before the final seal
4 Cut roll into lengths according to your requirements, place seam-downwards on a baking sheet
5 Brush over with beaten egg or milk and make 3 cuts across the tops
6 Bake in hot oven (425-450°F, gas mark 7-8) about 20 minutes

Steak and Kidney Pie

8 oz Be-Ro 'Ruff Puff' Pastry (page 32)
1½ lb Steak and Kidney
2 teaspoons Salt
¼ teaspoon Pepper
1 tablespoon Flour
1 Onion
1 Stock Cube

1 Cut meat into small pieces and roll in seasoned flour

2 Chop onion finely and place in pan with meat, stock cube and enough water to cover

3 Simmer for 1½ hours, stirring occasionally

4 Make Be-Ro 'Ruff-Puff' Pastry

5 Place pie funnel in centre of 1½ pint pie dish, arrange meat. Do not fill more than two-thirds with gravy

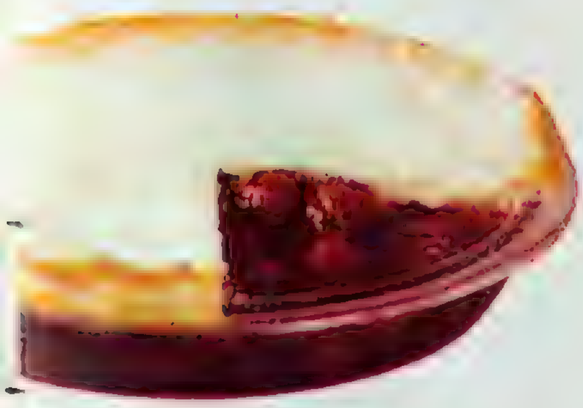
6 Roll out pastry into shape of (but a little larger than) the top of the pie dish and cut a strip off the edge

7 Wet edge of dish, place pastry strip all round, moisten it, then cover the pie with remainder of pastry, pressing the edges together

8 Trim the edge, decorate the top with pastry leaves and make a small hole in the centre. Brush with beaten egg or milk

9 Bake in a hot oven (425-450°F, gas mark 7-8) for 10 minutes, then turn oven down (375°F, gas mark 5) for a further 20 minutes, until golden brown

Fruit Pie



8 oz Be-Ro 'Ruff Puff' Pastry (page 32)
1½ lb Fruit
Sugar to taste

1 Prepare fruit, sweeten and simmer with a little water in a saucepan for 15 minutes

2 Fill dish with fruit, placing pie funnel in centre

3 Roll out pastry into the shape of (but a little larger than) the pie dish and cut a strip off the edge

4 Wet edge of pie dish, place the strip all round, moisten then cover with remainder of pastry, pressing the edges together

5 Trim the edge, make a small hole in the centre and brush with beaten egg or milk

6 Bake in hot oven (425-450°F, gas mark 7-8) for 10 minutes then turn oven down (375°F, gas mark 5) for 20 minutes, until golden brown

7 Dredge top with icing or caster sugar

Mince Pies

8 oz Be-Ro 'Ruff Puff' Pastry (page 32)
Mincemeat for 20 Mince Pies

1 Roll out pastry very thinly, cut out 20 small rounds and 20 a little larger, with scone cutters
2 Line patty tins with large rounds, place a teaspoon of mincemeat in each
3 Wet edges and cover with small rounds; press edges together
4 Brush with beaten egg or milk, make a small hole in each top
5 Bake in hot oven (425-450°F, gas mark 7-8) about 15 minutes

These may also be made with Short Pastry, page 22

Savoury Turnovers

8 oz Be-Ro 'Ruff Puff' Pastry (page 32)
8 oz Minced Beef
Finely Chopped Onion
Seasoning to taste

1 Roll out pastry, cut out 6 rounds, using saucer as guide
2 Mix together beef, onion and seasoning. Divide mixture between pastry rounds
3 Wet round edges of pastry, fold over and press well together. Flute edges
4 Brush over with egg or milk, make three cuts across the top. Place on a greased baking sheet
5 Bake in hot oven (425-450°F, gas mark 7-8) about 30 minutes

Fruit Turnovers – use sweetened fruit or jam

Currant Slices

8 oz Be-Ro 'Ruff Puff' Pastry (page 32)
Currants
Butter
Sugar

1 Divide pastry into two pieces and roll out thinly to equal size

2 Place one piece on a greased baking sheet, cover with currants, dot with small pieces of butter and sprinkle with sugar

3 Wet all edges of pastry, cover with the other piece, press edges together and trim

4 Lightly mark a diamond pattern on the top with a knife, brush with beaten egg or milk

5 Bake in hot oven (425-450°F, gas mark 7-8) for 20-25 minutes

6 When baked, sprinkle top with caster sugar and cut into squares

For a change use Short Pastry, see page 22. *Mincemeat may be used in place of currants*

Apricot Slices

8 oz Be-Ro S.R. Flour
½ teaspoon Salt
2 oz Lard
2 oz Margarine
2 oz Caster Sugar
1 Egg
6 oz Dried Apricots (reconstituted) or Apricot Jam

1 Mix flour and salt, rub in fats, stir in sugar

2 Mix to a stiff paste with beaten egg, add a little milk if necessary

3 Cut pastry in two and roll out thinly, both the same size

4 Place one piece on a greased baking sheet, cover with halved apricots or jam, then the other piece, and nip together

5 Bake in moderate oven (350-375°F, gas mark 4-5) about 20 minutes

6 Serve cold, dredged with icing sugar, or hot as a sweet course

Suet Pastry

Steak and kidney pudding, and steamed fruit or jam puddings made with suet pastry, are traditional heart-warming winter dishes. Easy to make, suet pastry depends for its light spongy texture on correct mixing and careful cooking.
Beef kidney suet is best, being firmer and grating more easily. Proprietary packet suets save time and trouble for busy housewives.
Suet pastry is usually cooked by boiling or steaming – ensure that the water is always boiling, and use boiling water to top up the steamer. Cover steamed puddings with greased paper or cooking foil to prevent moisture falling into the pudding.
This pastry can also be baked for a crispy pudding, or suet roll. Serve without delay, for suet pastry is best eaten freshly cooked.

Suet Pastry
8 oz Basic Recipe

8 oz Be-Ro S.R. Flour
½ teaspoon Salt
4 oz Shredded Suet (or Packet Suet)
¼ pint Cold Water

1 Mix flour, salt and suet in a bowl, add sufficient cold water to make a stiff dough, using a knife
2 Turn the dough (pastry) on to a floured worktop, knead very lightly and gently roll out. Allow to rest for a few minutes before using.

Dumplings

4 oz Be-Ro Suet Pastry (see above)

1 Divide pastry into 8-12 pieces, roll into balls with floured hands
2 Add dumplings to the stew 20 minutes before it has finished cooking

Dumplings may be cooked in boiling water for 20 minutes, then served as a sweet with jam or syrup sauce

Savoury Bacon Roll

8 oz Be-Ro Suet Pastry (page 36)
½ lb Streaky Bacon
1 small Onion
Teaspoon Chopped Parsley

1 Chop finely the bacon and onion, fry gently. Add parsley

2 Make pastry, roll into an oblong and spread with bacon mixture to within ½ inch of the sides

3 Damp edges with water and roll up tightly

4 Place on a greased baking sheet and bake in moderately hot oven (375-400°F, gas mark 5-6) for about 1 hour

5 Serve with tomato sauce or a good brown gravy

Steak and Kidney Pudding

8 oz Be-Ro Suet Pastry (page 36)
1½ lb Steak and Kidney
A little Seasoned Flour

1 Roll out two-thirds of pastry and line a greased 1½ pint basin

2 Cut meat into pieces, roll in seasoned flour, place in basin and add a teacup of cold water

3 Moisten the edge, roll out remaining pastry to fit top, nip edges to join securely, prick the top

4 Cover with foil or greased paper and steam for 3 hours

For Sweet Suet Pudding recipes, see page 57

Cakes

Delicious cakes for every occasion are readily made in a wide variety of flavours and finishes, using Be-Ro recipes based on rubbed-in, creamed, melted and whisked methods. Read the helpful notes on pages 3-5.

Testing Large Cakes — Properly baked cakes should be evenly brown, shrinking slightly away from the side of the tin and firm when touched with the fingers. A fine hot skewer inserted into the centre of a non-fruited cake should come out clean. **Fruit cakes** — a slightly bubbling sound inside indicates that further baking is required. **Sponges** — should shrink slightly from the side of the tin. When pressed with a finger a sponge should spring back, leaving no impression.

Cooling — Always leave cakes in their tins for 3 – 5 minutes to 'set', then turn out on to wire rack and leave to cool.

Storage — Store cakes in tins or containers with well fitting lids. When storing large rich cakes for some time, wrap in greaseproof paper before placing in tins.

All cakes must be properly cooled before storing.

Rubbed-in Method

This is a quick, easy and reliable method of cake mixing, particularly suitable for beginners and busy housewives. This type of cake will be rougher in texture than one made by the creaming method. It may rise a little more rounded, and, in some cases, may crack on the top but should never 'peak'.

Pineapple cake
(page 39)

Lemon and sultana cake
(page 39)

Rubbed-in Fruit Cake

Basic Recipe

8 oz Be-Ro S.R. Flour
½ teaspoon Salt
4 oz Margarine
4 oz Caster Sugar
2 Eggs
2 tablespoons Milk

6 oz Mixed Dried Fruit or other variation — see below

1 Place flour and salt in bowl, rub in margarine

2 Add sugar and fruit. Beat together eggs and milk

3 Mix all together to make a soft dropping consistency

4 Place in greased 6 inch or 7 inch cake tin

5 Bake in moderate oven (350°F, gas mark 4) for 1-1¼ hours

Variations

Lemon and Sultana — use 6 oz sultanas and add grated rind of a lemon

Pineapple — 4 oz glacé pineapple. Finely chop 3 oz and add to cake, slice remaining ounce and place on the top

Orange and Spice — add 1 teaspoon mixed spice and coarsely grated rind of an orange to the basic mixture

Fruit and Nut — add 4 oz raisins and 2 oz chopped almonds or walnuts

Date — 3 oz chopped dates added with sugar

Chocolate Chip — add 3-4 oz chocolate, finely chopped

Milk Chocolate Cake

7 oz Be-Ro S.R. Flour
8 oz Caster Sugar
¾ teaspoon Salt
2 tablespoons Cocoa
4 oz Margarine
2 Eggs beaten with
5 tablespoons Evaporated Milk
5 tablespoons Water
1 teaspoon Vanilla Essence

1 Sift together flour, sugar, salt and cocoa

2 Rub in margarine

3 Stir in eggs, essence and liquids; beat well

4 Grease and flour 2 deep 7 inch cake tins, not loose-bottomed as the mixture would run out

5 Bake in moderate oven (325-350° F, gas mark 3-4) about 35 minutes

6 When cold, sandwich together and cover with *Milk Chocolate Icing* (page 78)

Rich Cakes

Rich cakes contain at least half fat-to-flour weight. The amount of fruit or flavouring does not determine the type of cake.
A 'plain cake' may contain a high proportion of fruit whilst Madeira, a 'rich cake', contains none.
Rich cakes keep well. When quite cool, store in an airtight tin.

Creaming Method

This is generally used for rich cakes

1 Place fat and sugar in warm bowl. Do not allow to 'oil'

2 Cream together with wooden spoon or electric mixer until the colour changes from yellow to white. The mixture will then be soft and fluffy, with no 'grittiness'

3 Break the eggs, one at a time, into the mixture and add from the recipe one level tablespoon of flour – beat thoroughly. This prevents the mixture separating or curdling. Continue until all the eggs are added, add any spice or flavouring at this stage, but not fruit

4 Use metal tablespoon to 'fold in' flour, a little at a time, to the mixture – alternately with any liquid in the recipe. This means stir once round bowl and once through the middle. Continue with this action until all flour is mixed in. At this stage do not beat or stir as this may spoil the cake

5 Add any fruit and fold in lightly

6 Place the cake mixture into suitable tin and hollow slightly in the centre

7 In general, bake in a moderate oven on a middle or lower shelf

Victoria Sandwich

Basic Recipe

4 oz Margarine
4 oz Caster Sugar
4 oz Be-Ro S.R. Flour
2 Eggs

1 Cream margarine and sugar until light and creamy in texture

2 Add egg a little at a time and beat well. Gently fold-in the flour

3 Place mixture into a greased 7 inch cake tin or two 7 inch sandwich tins

4 Bake in moderate oven (325-350°F, gas mark 3-4) 25-30 minutes in two tins, 40-45 minutes in one tin

5 When cool, split and fill with jam or cream

Ten Variations on the Victoria Sandwich Basic Recipe

Chocolate Gateau

Substitute 1 oz cocoa powder for 1 oz flour, then make as basic recipe. Fill and coat with *Chocolate Butter Icing* (page 78)

Bar Gateau

Make as basic recipe, bake in an oblong tin approx. 9×5 inches, 3 inches deep. When cold, cut into three, sandwich together and coat with *Lemon Butter Icing* (page 78). Cover the sides with browned coconut or chopped nuts. Decorate top with a little coloured butter icing

Harlequin Gateau

A favourite with children!

Make as basic recipe, sandwich cake together and coat sides with *Butter Cream* of your choice (page 78). Coat with coloured strands, then cover top with butter cream. Pipe top into squares with *Chocolate Glacé Icing* (page 78) fill in squares with rosettes of butter cream

Coffee Gateau

Make as basic recipe (page 40), adding 1 teaspoon coffee essence or dissolved instant coffee, to the cake mixture. Fill and coat with *Coffee Butter Cream* (page 78)

Birthday Cake

Make as basic recipe (page 40), sandwich together and coat with *Butter Icing* of your choice, decorate as desired.
Use a fruit mixture recipe, as an alternative choice

Fancies

Bake basic recipe mixture (page 40) in a greased tin (11×7×1 inch deep) in moderate oven (325-350°F, gas mark 3-4) for 25-30 minutes. When cold, cut into shapes, coat with *Glacé* or *Butter Icing* (page 78) decorate with nuts, cherries and angelica

Butterfly Cakes

Make Victoria Sandwich basic mixture (page 40)

1 Half fill paper cases or greased patty tins with mixture

2 Bake at 350-375°F (gas mark 4-5) for about 20 minutes, until firm to the touch

3 When cold, cut a slice from the top of each cake, cut this in half

4 Place a dab of *Butter Cream* (page 78) in each cavity and arrange 'wings' on cake

Cherry Buns

Make as Butterfly Cakes (stages 1-2), adding 2 oz chopped cherries before placing mixture into baking cases

Queen Cakes

Make as Butterfly Cakes (stages 1-2), adding 1 oz currants lastly to the mixture

Chocolate Buns

Make as Butterfly Cakes (stages 1-2), substituting 1 oz cocoa powder for 1 oz flour. When cold, cover with melted chocolate or *Butter Cream* (page 78)

Madeira Cake

5 oz Butter or Margarine
5 oz Caster Sugar
3 Eggs
8 oz Be-Ro S.R. Flour
¼ teaspoon Lemon Essence

Thin Slices Citron Peel (optional)

1 Cream butter and sugar, gradually add lightly-whisked eggs
2 Add essence, fold-in flour
3 Place mixture in a deep 6 inch or 7 inch cake tin
4 Bake in moderate oven (325-350°F, gas mark 3-4) for 1¼ hours. Place peel on top of cake after half an hour in oven

Sultana Cake

Make as Madeira Cake, using vanilla essence, finally adding 6 oz sultanas to the mixture

Apricot Cake

Make as Madeira Cake, adding 4 oz apricot jam to creamed mixture before folding-in flour

For a tasty alternative use marmalade in place of apricot jam

Cherry Cake

5 oz Butter or Margarine
5 oz Caster Sugar
3 Eggs
8 oz Be-Ro S.R. Flour
¼ teaspoon Almond or Vanilla Essence
4 oz Glacé Cherries (halved)

1 Wash and dry halved cherries and roll in some of the weighed flour
2 Make and bake as Madeira Cake, finally adding cherries to mixture

Walnut Cake

4 oz Margarine
3 oz Caster Sugar
1 tablespoon Golden Syrup
1 Egg
6 oz Be-Ro S.R. Flour
2 tablespoons Milk
2 oz Chopped Walnuts

1 Cream margarine, sugar and syrup until light and creamy

2 Beat in the egg

3 Gradually add flour, milk and nuts

4 Pour mixture into greased and floured 7 inch cake tin

5 Bake in moderate oven (325-350°F, gas mark 3-4) about 1 hour

6 When cold, slit and sandwich with *Coffee Butter Icing* (page 78). Decorate top with white glacé icing and nuts

Battenburg Cake

Basic Victoria Sandwich mixture (page 40)
Battenburg Icing (page 79)

1 Grease a 9×6 inch Battenburg tin (or a similar sized tin divided in two by greaseproof paper)

2 Place half cake mixture into one half of the tin, colour remainder of mixture pink and pour into other half

3 Bake in moderate oven (325-350°F, gas mark 3-4) for 30-35 minutes

4 When cool, cut each piece in half lengthways and sandwich together with jam or lemon curd, cover with *Battenburg Icing* (page 79)

5 Roll out Battenburg icing on surface dredged with icing sugar, to length and width of all four sides of cake

6 Stick on with jam or lemon curd, mark diamond pattern on the top and decorate with cherries and angelica

Chocolate Spice Cake

4 oz Margarine
7 oz Caster Sugar
2 oz Plain Chocolate
2 Eggs (yolks and whites separated)
½ teaspoon Salt
½ teaspoon Cinnamon
½ teaspoon Mixed Spice
¼ teaspoon Ground Cloves
6 oz Be-Ro S.R. Flour
8 tablespoons Milk
2 teaspoons Cut Mixed Peel

1 Cream together sugar and margarine until fluffy
2 Blend in melted chocolate and egg yolks
3 Mix salt and spices with flour and stir in alternately with the milk
4 Fold in the stiffly beaten egg whites and peel
5 Place mixture in greased 8 inch square tin
6 Bake in moderate oven (325-350°F, gas mark 3-4) about 45 minutes
7 When cool spread with *Chocolate Butter Icing* (page 78).

Leave out spices and peel for a delicious **Chocolate Cake**

Rice Cake

4 oz Margarine
4 oz Caster Sugar
5 oz Be-Ro S.R. Flour
3 oz. Be-Ro Ground Rice
2 Eggs beaten with
4 tablespoons Milk and
½ teaspoon Essence (Lemon or Almond)

1 Cream margarine and sugar
2 Mix flour and ground rice. Add to creamed mixture alternately with beaten liquids a little at a time, mix thoroughly
3 Place mixture in a deep well greased 7 inch cake tin
4 Bake in moderate oven (325-350°F, gas mark 3-4) about 1¼ hours

Rice Buns

Recipe as for Rice Cake
Glacé Cherries

1 Half fill 20 paper cases or well greased patty tins, place half a cherry on top of each
2 Bake in a hot oven (400-425°F, gas mark 6-7) for 15-20 minutes

Be-Ro Celebration Fruit Cakes

Use Be-Ro Christmas Cake or Rich Dundee Cake recipes (pages 48-49)

Tin Sizes, Recipe Quantities and Baking Times

This guide to choice of tin size, recipe quantities and baking times will be useful when preparing wedding cakes or large celebration cakes. Size for size, a square tin holds more mixture than a round tin. For each tier, the smaller tin size gives a deeper cake.

Protect a large cake by fastening a band of brown paper or foil round the tin 2 – 3 inches higher than the tin, and cover cake after $2\frac{1}{2}$ hours.

Bake in a slow oven (275-300°F, gas mark 1-2). Always check your cake after 3 hours. Study the hints on pages 3 and 38

	Recipe Quantity	*Baking Time Slow Oven*
Top Tier 6 or 7 inch tin	Half quantity of recipe	3-4 hours
Second Tier 8 or 9 inch tin	Exact quantity	4-5 hours
Third Tier 10 or 11 inch tin	$1\frac{1}{2}$ times the quantity	5-6 hours

Brandy or Rum — Add a small quantity to the cake when mixing, and pour remainder over cake whilst still warm. Alternatively, to soften the crust and sweeten any burnt fruit, boil together for half-minute 1 tablespoon water and 1 tablespoon sugar, remove from heat, add 1 tablespoon spirit. Brush over whole of cake. If the cake is over-baked, double or treble these quantities. Wrap in greaseproof paper or foil and keep for 4 weeks before use.

Rich Almond Paste (page 79) Used for all long-keeping celebration cakes. Apply 3 weeks before decorating with Royal Icing if time permits.

Royal Icing (page 79) The traditional finish for celebration cakes. For a softer icing and easier cutting, add 1 teaspoon glycerine per 1 lb icing sugar.

Quantities of Almond Paste and Royal Icing

Use this guide and the basic recipes on page 79 to determine the correct quantities for your cake.

Cake Size	*Almond Paste/Royal Icing Recipe Quantity*	*Ready Made Almond Paste*
6 or 7 inch	Half quantity of recipe	1 lb
8 or 9 inch	Exact quantity	2 lb
10 or 11 inch	$1\frac{1}{2}$ times the quantity	$2\frac{1}{2}$-3 lb

Be-Ro Christmas Cake

12 oz Be-Ro S.R. Flour
1 teaspoon Mixed Spice
4 oz Ground Almonds
8 oz Butter
8 oz Caster Sugar
4 Eggs beaten with
8 tablespoons Milk
(or ½ Milk and Brandy)
8 oz Currants
8 oz Sultanas
8 oz Raisins
4 oz Halved Glacé Cherries
4 oz Cut Mixed Peel

1 Sieve together flour, spice and ground almonds
2 Cream butter and sugar, stir in flour mixture and eggs with milk (alternately, a little at a time)
3 Lastly add fruit. Mix thoroughly
4 Line and grease an 8 inch square or 9 inch round cake tin, pour in mixture. Protect with brown paper (see note on page 47)
5 Bake in slow oven (275-300°F, gas mark 1-2) about 4-5 hours. See note on page 47

Equally suitable for birthdays, this cake contains less fruit and is not so dark as the Dundee Cake

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Applying Almond Paste . . .

Rich Almond Paste (page 79)

1 Level top of cake if necessary, by trimming with a knife, or adding pieces of almond paste
2 Brush cake over with egg white or lemon curd
3 Cut off one-third of almond paste. Dredge worktop with icing sugar and roll out remaining two-thirds of paste into a strip the depth of, and long enough to go round, the cake
4 Press almond paste on to sides of cake
5 Roll out remainder of paste into a circle, press on top of cake
6 Smooth all joints with a knife or rolling pin, to give a level top with a sharp edge to the sides
7 Cover with greaseproof paper and leave to dry for about a week before decorating (if time permits)

Rich Dundee Cake

10 oz Butter
10 oz Soft Brown Sugar
5 Standard Eggs
1 tablespoon Black Treacle
1 teaspoon Mixed Spice
1 teaspoon Salt
10 oz Be-Ro PLAIN FLOUR
Note use of Plain Flour
14 oz Currants
10 oz Sultanas
10 oz Raisins
2 oz Cut Mixed Peel
1½ oz Blanched Almonds – for decoration

1 Cream butter and sugar
2 Add beaten eggs and treacle
3 Mix in sifted spice, salt and flour; then add fruit; mix well
4 Place mixture in greased and lined 8 inch square or 9 inch round tin, arrange nuts on top. Protect with brown paper (see note on page 47).
5 Bake in a slow oven (275-300°F, gas mark 1-2) about 4-5 hours

An excellent long keeping, rich dark celebration cake for weddings and anniversaries

and . . . Icing a cake

Royal Icing (page 79)

1 Stand cake on icing table, a cake tin or inverted dinner plate
2 Using a palette knife or broad bladed knife, cover the entire cake with an even thickness of icing
3 For a rough surface effect, pull the icing up into peaks with the flat of the knife. Add decorations before the icing sets
4 For a smooth finish, level top and sides with a knife. If icing sticks to knife, dip into very hot water then shake to remove surplus moisture
5 Allow icing to harden, then secure cake to cake board with a little icing
6 Add piped decorations, using tinted icing for added effect

Melted Method

This is a quick, easy-to-follow method, sometimes used for biscuits, buns and syrup cakes, such as Gingerbread; these cakes are sometimes rather hard on the outside when fresh, but improve to become soft and slightly sticky if kept for two days or more before cutting.

Be-Ro Brownies

2 oz Plain Chocolate
3 oz Margarine
2 Eggs
5 oz Caster Sugar
4 oz Be-Ro S.R. Flour
½ teaspoon Salt
½ cup Chopped Nuts

1 Melt together chocolate and margarine over hot water

2 Beat in eggs and sugar

3 Mix in flour, salt and nuts. Spread in well greased 8 inch square tin

4 Bake in moderate oven (350°F, gas mark 4) for 30-35 minutes until top has dull crust. A slight imprint will be left when the top is touched lightly with a finger

5 Cool slightly, then cut into pieces

Gingerbread

8 oz Be-Ro S.R. Flour
½ teaspoon Salt
2 teaspoons Ground Ginger
3-4 oz Raisins (optional)
2 oz Margarine
2 oz Soft Brown Sugar
4 oz Treacle or Golden Syrup
1 Egg with enough Milk to make up to ¼ pint

1 Mix flour, salt, ginger and raisins in a bowl

2 Melt margarine, sugar and treacle in pan, add to flour with beaten egg and milk. Mix well, but do not beat

3 Pour into greased tin about 7 inches square

4 Bake in moderate oven (325-350°F, gas mark 3-4) about 45 minutes

5 When cold, cut into fingers or squares

Iced Ginger Cake

Be-Ro Gingerbread recipe (page 50) with the addition of 2 oz crystallised ginger. Save about 20 small pieces of ginger for decorating the top, chop remainder and add to dry ingredients. When cake is cold, cover top with *White Glacé Icing* (page 78) and decorate with ginger slices

Quick and Easy Spice Cake

6 oz Be-Ro S.R. Flour
1½ teaspoons Mixed Spice
3 oz Caster Sugar
2 tablespoons Marmalade
2 tablespoons Golden Syrup
3 tablespoons Water
3 oz Margarine
3 oz Sultanas
1 Egg

1 Place flour and spice in bowl

2 Gently heat margarine, sugar, syrup, marmalade and water until margarine has melted

3 Pour over flour and spice, mix well

4 Stir in sultanas and beaten egg

5 Place in a greased 6 or 7 inch cake tin

6 Bake in moderate oven (325-350°F, gas mark 3-4) for 1-1¼ hours, until firm

Easy Fruit Cake

For a change, try a delicious cake made in an easy, but unusual way – **the boiling method**

12 oz Mixed Fruit
4 oz Sugar
4 oz Butter or Margarine
¼ pint Water
1 Egg
8 oz Be-Ro S.R. Flour

1 Place fruit, sugar, margarine or butter and water in pan, simmer slowly for 20 minutes

2 Allow to cool, then add beaten egg and stir in flour

3 Turn into a greased 6 or 7 inch tin

4 Bake in very moderate oven (300-325°F, gas mark 2-3) about 1½ hours

Sponges

Whisking Method

A true sponge contains no fat. The eggs and sugar are whisked together until thick and creamy, leaving a trail when the whisk is removed. An electric mixer facilitates whisking, but with hand whisking, placing the bowl over hot water helps to give a faster result.

Then gently fold in flour with a metal spoon or spatula, never a wooden spoon. Bake sponges on middle shelf and avoid opening oven door during baking time.

Basic Sponge Sandwich

2 Eggs
3 oz Caster Sugar
3 oz Be-Ro S.R. Flour

1 Break eggs into bowl, whisk lightly, add sugar, then whisk well until thick and creamy (almost white in colour)

2 Sieve flour, fold lightly into mixture

3 Place in a well greased 7 inch cake tin

4 Bake in moderate oven (325-350°F, gas mark 3-4) about 30 minutes

5 When cool, slice and spread with jam and cream, lemon curd or other filling

Sponge Drops

Mixture as basic Sponge Sandwich
Jam and Cream

1 Place mixture in teaspoonsful, well apart, on a greased, floured baking sheet

2 Bake in hot oven (400-425°F, gas mark 6-7) about 5 minutes

3 When cold, sandwich together with jam and *Butter Cream* (page 78)

Swiss Roll

Basic Sponge Sandwich Mixture (page 52)
Jam or Lemon Curd

1 Line a swiss-roll tin, 12×9 inches, with greased paper, pour in mixture

2 Bake in hot oven (400-425°F, gas mark 6-7) for 7-8 minutes. Do not overbake, or it will crack when rolled

3 Turn out on to sugared greaseproof paper, remove lining paper

4 Spread quickly with slightly warm jam

5 Working from the narrow end, make first roll with the fingers, then continue by drawing paper away from you over the cake

6 Leave to cool, resting on the seam. Dredge with caster sugar

Chocolate Swiss Roll

Use basic Sponge Sandwich recipe, but substitute **1 oz cocoa powder** for 1 oz flour. Make as plain Swiss Roll. When baked, roll-up with a piece of greaseproof paper in place of the jam. Allow to cool, then gently unroll, remove paper and spread with *Vanilla Butter Cream* (page 78).

Chocolate Log

Make as Chocolate Swiss Roll (page 53), fill with either *Vanilla* or *Chocolate Butter Cream* (page 78). Coat with *Chocolate Butter Cream*. Mark with a fork and add decorations.

Madeleines

Mixture as Basic Sponge Sandwich (page 52)
Jam
Coconut

1 Grease dariole moulds or patty tins and half fill with mixture
2 Bake in hot oven (400-425°F, gas mark 6-7) about 8 minutes
3 When cold, coat with jam or lemon curd, roll in desiccated coconut and decorate with jam or cherries

Sponge Flan

Mixture as Basic Sponge Sandwich (page 52)
Strawberries or other Fruit, tinned, bottled or fresh
Jelly or Arrowroot to glaze

1 Pour sponge mixture into greased 7 inch flan tin
2 Bake in hot oven (400-425°F, gas mark 6-7) about 7 minutes
3 Turn out and allow to cool. Fill with fruit (well drained if it is tinned or bottled)
4 Glaze with $\frac{1}{4}$ pint jelly which is almost at setting point or an *Arrowroot Glaze* (page 79). Decorate with cream

Sweets and Puddings

The traditional ending to a meal, hot puddings for winter days and interesting cold sweets for warmer weather, are all readily made with Be-Ro. The basic recipes offer endless variety for all appetites throughout the year.

Pineapple Upside-Down Pudding

Half quantity of Victoria Sandwich basic recipe (page 40)
Small tin Pineapple Slices
A few Glacé Cherries

1 Well-grease a 7 inch sandwich tin or glass ovenware dish, coat inside with caster sugar

2 Make a pattern in bottom with drained pineapple and cherries, cover with cake mixture

3 Bake in moderate oven (325-350 F, gas mark 3-4) about 30 minutes

4 Turn out and serve upside-down, either hot with custard, or cold with cream

Rich Christmas Pudding

Brighten the late Autumn days by preparing for the festive season. This pudding improves with keeping, so make it 6-8 weeks before Christmas.

4 oz Be-Ro S.R. Flour
Pinch Salt
3 oz Shredded Suet
4 oz Raisins
4 oz Sultanas
4 oz Currants
4 oz Soft Brown Sugar
2 oz Cut Mixed Peel
¼ Grated Nutmeg
½ Grated Rind of Lemon
2 Eggs
2 tablespoons Brandy or Milk

1 Mix all dry ingredients in above order

2 Add beaten egg, brandy or milk and mix well

3 Grease a 2 pint basin. Place small circle of greased greaseproof paper in the bottom to prevent sticking

4 Add mixture, and steam for 6 hours. Store until required

5 Steam again for at least 2 hours before serving

Steamed Sponge Puddings

Basic Recipe

2 oz Margarine
2 oz Caster Sugar
4 oz Be-Ro S.R. Flour
1 Egg
1 tablespoon Milk

1 Cream margarine and sugar
2 Gently add flour, alternately with beaten egg and milk
3 Grease a 1 pint pudding basin, add mixture and cover with greased paper or foil
4 Steam for 1½ hours. Serve with custard or sauce

For hints on steaming, see page 36

Variations

Cherry Sponge

2 oz cherries should be added last or placed in basin before mixture

Ginger Pudding

4 oz Be-Ro S.R. Flour
Pinch Salt
½ teaspoon Ground Ginger
1 oz Margarine
1 tablespoon Sugar
1 tablespoon Treacle
1 Egg

1 Mix together flour, salt, ginger and rub in margarine
2 Add other ingredients and mix well

Fruit Sponge

Add 2 oz dried fruit to basic mixture just before pouring into basin

Jam or Treacle Pudding

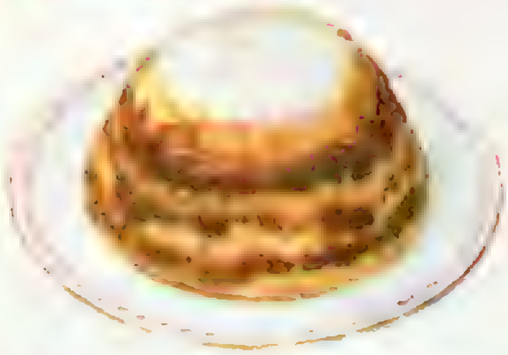
Place 2 tablespoons jam or treacle in basin before mixture

Chocolate Sponge

Replace 1 oz flour with 1 oz Cocoa. Separate egg and add stiffly whipped white to complete mixture. When cooked, turn out and decorate with a few blanched almonds

3 Place mixture in greased 1 pint pudding basin
4 Steam for 1½ hours

Apple and Cinnamon Layer Pudding



8 oz Be-Ro Suet Pastry (page 36)
1 lb Apples
2 oz Sultanas
1 teaspoon Ground Cinnamon
Sugar to sweeten

1 Divide pastry into four pieces and roll out into circles, each one a little larger than the last.
2 Peel and slice apples, mix with sultanas, cinnamon and sugar
3 Grease a 2 pint basin, place smallest circle of pastry in the bottom, add a layer of fruit mixture, and continue the layers, ending with a layer of pastry
4 Cover and steam for 2 hours, turn out and dredge with caster sugar

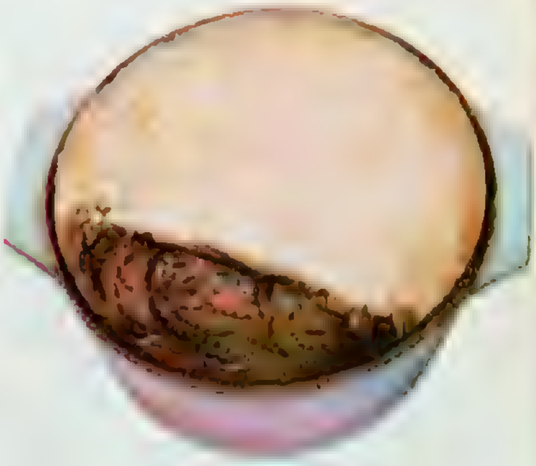
Any other fruit or jam may be used in place of the apple and cinnamon mixture in this pudding

Delicious Pudding

4 oz Be-Ro S.R. Flour
2 oz Margarine
2 oz Sugar
1 oz Currants
1 oz Raisins
1 Egg beaten with
1 tablespoon Milk
2 tablespoons Jam

1 Rub margarine into flour, add sugar and fruit
2 Mix thoroughly with beaten egg and milk
3 Grease a 1 pint pudding basin, place jam in the bottom, then add mixture
4 Steam for 1½ hours, serve with custard or sauce

Fruit Crumble



4 oz Be-Ro S.R. Flour
2 oz Margarine
2 oz Sugar
Fruit for filling

1 Place sweetened fruit in glass ovenware dish
2 Rub fat into flour until it resembles breadcrumbs
3 Add sugar, mix thoroughly with a knife and spread over fruit. Smooth over surface
4 Bake in moderate oven (350-375 F, gas mark 4-5) about 30 minutes, until fruit is cooked and top is golden

Eve's Pudding

1 lb Apples
Sugar to taste
Half Victoria Sandwich basic mixture (page 40)

1 Peel and slice apples, stew for a short time with 2 tablespoons water and sugar to sweeten
2 Place in greased pie dish and cover with cake mixture
3 Bake in moderate oven (325-350 F, gas mark 3-4) about 30 minutes

Delicious made with raspberries, plums, etc.

Countess Pudding

3 oz Be-Ro S.R. Flour
3 oz Margarine
3 oz Sugar
2 tablespoons Currants
¼ teaspoon Lemon Essence
1 Egg
A little Milk

1 Cream margarine and sugar
2 Gradually fold in flour, alternately with beaten egg and milk
3 Add currants and lemon essence. Place in greased pie dish
4 Bake in moderate oven (325-350 F, gas mark 3-4) about 30 minutes

Ice Cream Sponge

2 Eggs
3 oz Caster Sugar
3 oz Be-Ro S.R. Flour
Fruit and Ice Cream

1 Mix and bake as basic sponge sandwich (page 52)
2 When cold, slice into three, fill each layer with fruit and ice cream, reserving a little fruit to decorate the top
3 Dredge top with icing sugar and decorate

This makes a delicious sweet. For a change, bake in a small bread tin and serve in slices

For additional delicious sweets and puddings, turn to pages 25, 29, 33-35, 54, 66 and 74-75

Plain Flour Recipes

Yeast Cookery: Bread, Rolls and Buns

Our Daily Bread . . . Surely there is nothing to equal the appetising smell of hot, freshly baked home-made bread. Children are missing one of the great delights of home baking if Mother does not occasionally try her hand and experience the satisfaction of baking crusty bread for the family. And bread making is not at all difficult!

Plain flour is always used for white bread.

BE-RO PLAIN FLOUR, milled from blended hard and soft wheats, is amply strong enough for yeast cookery. Flour strength depends on the gluten (protein) content. This elastic substance helps the dough to rise and gives the loaf its shape during the baking. It always pays to use the best flour.

Yeast feeds on the flour and sugar in conditions of warmth and moisture to produce carbon dioxide gas, which acts as the raising agent to stretch and expand the dough, helped by the gluten in the flour. Yeast multiplies and works best at a temperature of 80-85 F. Too much heat kills the yeast cells, and cold or draughts retard the action. The hot oven causes the gas to expand and raise the dough during the first few minutes of baking, as well as killing off the yeast cells when their work is done. Nowadays fresh yeast is not widely available and has been largely replaced by dried yeast for domestic use.

BE-RO DRIED YEAST is ordinary active yeast, specially dried or dehydrated, in the form of small pellets which can be stored in cool dry conditions for long periods. Dried yeast remains alive, and can be used with complete success in all yeast recipes. Be-Ro Dried Yeast is conveniently packed in moisture-proof sachets, each containing just the right amount required for 3 lb flour, when making bread. Keep some sachets handy and you are always ready for yeast cookery!

To reconstitute Dried Yeast:

1 Dissolve one teaspoon caster sugar in up to $\frac{1}{4}$ pint warm water (1 part boiling to 2 parts cold). The water should not be too hot – blood heat or 100°F is correct.

2 Add dried yeast, stir and leave until a good froth appears on top (10-15 minutes).

Proportion of yeast to flour for making bread, buns, etc.

Be-Ro Plain or Wheatmeal Flour	*Be-Ro Dried Yeast*	*Fresh Yeast*
1½-3 lb	Full sachet – i.e. ½ oz or 3 teaspoons	1 oz
up to 1½ lb	Half sachet – i.e. ¼ oz or 1½ teaspoons	½ oz

Sugar A teaspoon of sugar is needed to reconstitute the yeast. For sweet buns, doughs, etc., the remainder of the sugar is mixed with the flour, and not added directly to the yeast. **Salt** gives flavour to bread, but too much affects the yeast, so the salt should always be mixed with the flour and not added directly to the yeast. **Fat** enriches a bread dough and improves the keeping qualities of the bread. Fat is also added to soft bun doughs.

Kneading the dough Use the hands to knead the mixed dough on a floured board or worktop. Knead thoroughly, stretching and pulling the dough with the fingers and heel of hand to introduce air, disperse the yeast mixture and elasticate the gluten in the flour. If the dough is a little too moist, it will adjust itself during kneading, until it is of the right consistency. Too little liquid prevents the gluten from softening, and the finished loaf will have too close a texture.

Raising the dough Place the dough in a warm greased bowl, cover with a greased polythene bag or sheet, or with a damp tea towel. Stand in a warm place (80 F) e.g. the rack over a cooker, in front of a fire, etc. Keep free from draughts, but avoid excessive heat. The dough should be allowed to double in size, when it will be softer with a honeycomb effect, caused by countless pockets of gas.

Proving the dough takes place when the shaped dough (in tins or on baking sheet) is covered with a clean cloth and put into a warm place until risen to the top of tins, or to a well-rounded shape. This takes 15-45 minutes depending on size. Do not over-prove or the shape will be spoiled. Bake immediately in a hot oven.

Glaze, if desired, with beaten egg or milk. For a crusty finish, glaze top with *Salt Solution* (2 teaspoons salt dissolved in 2 tablespoons water)

To test if baked – tap underside of loaf or rolls with knuckles; when cooked they will sound hollow. If not properly baked, put bread back in oven, without tins, for a further 5 minutes

Bread Rolls (page 61)

White Bread

Quick Method

1 sachet Be-Ro Dried Yeast (½ oz or 3 teaspoons) or 1 oz Fresh Yeast
1 teaspoon Caster Sugar
3 lb Be-Ro Plain Flour (save 1 oz for dusting)
1¼ pints warm Water (1 part boiling, 2 parts cold)
4-6 teaspoons Salt, according to taste
1½ oz Lard (optional)

1 Reconstitute Dried Yeast in ¼ pint of recipe warm water with sugar until frothy (page 59), or cream fresh yeast with sugar
2 Mix flour and salt in warm bowl. Rub in lard (optional)
3 Add yeast liquid and remainder of water to flour, mix until dough leaves bowl cleanly
4 Knead thoroughly on a floured surface (about 10 minutes)
5 Divide and shape dough. Place in warm greased tins, pressing well into corners, or on to greased baking sheets. Recipe will make two large or four small loaves
6 Cover with cloth and leave to prove in a warm place for 45-50 minutes until dough reaches top of tins
7 Bake in hot oven (425-450°F, gas mark 7-8)
Rolls will take 10-15 minutes
1 lb loaves 35-40 minutes
2 lb loaves 45-50 minutes

Batter Method

Leaving the batter to sponge for an hour greatly improves the finished loaf, though the actual preparation time is no longer than for Quick Bread method.

Ingredients as for Quick Method, but using 1½ pints warm water

1 Reconstitute dried yeast in ¼ pint of recipe warm water, with sugar, until frothy (page 59) or cream fresh yeast with sugar
2 Place 1½ lb flour into large bowl, add yeast liquid and all remaining warm water. Mix to a batter
3 Leave in a warm place to sponge for about an hour
4 Add remaining flour, salt and lard (cut into small pieces). Mix to a smooth dough and knead thoroughly for 10 minutes, then proceed as from Stage 5 of Quick Method

Be-Ro Sweet Yeast Dough

8 oz Basic Recipe

½ sachet Be-Ro Dried Yeast (¼ oz or 1½ teaspoons) or ½ oz Fresh Yeast
1 teaspoon Caster Sugar
4 tablespoons warm Water (1 part boiling to 2 parts cold)

8 oz Be-Ro Plain Flour
¼ teaspoon Salt
1 oz Caster Sugar
2 oz Margarine
1 Egg

1 Reconstitute dried yeast in warm water with 1 teaspoon sugar, until frothy (page 59) or cream fresh yeast
2 Mix flour, salt and sugar in a bowl, rub in margarine
3 Add yeast liquid and beaten egg to flour, knead well
4 Leave to rise in a warm place for 45-60 minutes
5 Turn dough on to floured surface and knead again lightly
6 Shape and bake as required

Devonshire Splits

8 oz Sweet Yeast Dough
Jam, Cream and Icing Sugar

1 Make dough and divide into 15 portions (or 10 larger portions), shape into balls
2 Place on a greased baking sheet, leave to prove in a warm place (10-15 minutes) until double in size
3 Bake in hot oven (425-450°F, gas mark 7-8) for 10-15 minutes
4 When cool, split open (not quite in half). Drop in a spoonful of jam and cream. Dredge with icing sugar

Chelsea Buns

8 oz Sweet Yeast Dough
Little melted Margarine
2 oz Caster Sugar
3-4 oz Currants or Sultanas

1 Make dough and roll into an oblong, brush with melted margarine
2 Sprinkle with sugar and fruit, roll up as a swiss roll. Cut into 1 inch thick slices (approx. 8)
3 Place buns in a greased round sandwich tin. Leave to prove in a warm place (10-15 minutes)
4 Bake in hot oven for 15-20 mins. Whilst still warm cover with a warm *Sugar Glaze* (page 79)

Cinnamon Nut Ring

8 oz Be-Ro Sweet Yeast Dough (page 62)

FILLING

1 oz Caster Sugar

1½ teaspoons Cinnamon

Little Melted Margarine

1 Make dough and roll out to a piece 12×4 inches. Brush with melted margarine

2 Sprinkle with cinnamon and sugar mixed together

3 Roll up as a swiss roll, moisten ends and join to form a ring

4 Place on a greased baking sheet. Make 12 cuts round ring, almost through to base

5 Leave to prove in a warm place until double in size (approx. 1 hour)

6 Bake in hot oven (425-450°F, gas mark 7-8) for 20-25 minutes

7 When cold, cover with white *Glacé Icing* (page 78). Allow to run down centre and outside. Sprinkle with sliced, browned nuts

Doughnuts

8 oz Be-Ro Sweet Yeast Dough (page 62)

Cinnamon Sugar for coating

Deep Fat for frying

1 Make dough and roll out to thickness of ½ inch. Cut into rings using 2½ inch cutter for outside and 1½ inch for inner ring

2 Prove on a warm baking tray for 5 minutes. The first may be ready by the time the last one is cut out

3 Heat fat until a cube of bread dropped into it rises to the surface immediately and turns golden brown in one minute

4 Drop doughnuts into fat, one or two at a time, and cook for 2-3 minutes on each side. Drain well and toss in caster sugar, or sugar mixed with ground cinnamon to taste

Makes 16 doughnuts

Alternative method

Divide dough into 12, roll each piece into a ball and place a cherry or a little jam in the middle. Prove for 10 minutes and then proceed as for ring doughnuts

Hot Cross Buns

3 oz Be-Ro Sweet Yeast Dough (page 62)
1 teaspoon Mixed Spice
1 oz Sultanas
1 oz Currants
1 oz Cut Mixed Peel

1 Make dough adding fruit and peel after Stage 2, then continue to Stage 6
2 Divide dough into 8 pieces, shape into buns
3 Place on greased baking sheet, leave in warm place (10-15 minutes) until double in bulk
4 Make crosses, either by cutting the tops with a knife, or make a smooth paste with flour and water and pipe across each bun
5 Bake in hot oven (425-450°F, gas mark 7-8) for 15-20 minutes
6 Brush with a hot *Sugar Glaze* (page 79) whilst still warm

Fruity Tea Loaf

3 oz Be-Ro Sweet Yeast Dough (page 62)
8 Glacé Cherries (cut into quarters)
1½ oz Almonds (finely chopped)
1 oz Cut Mixed Peel
1 oz Seedless Raisins
Little Chopped Angelica
Rind of Half Lemon (finely grated)

1 Make dough, stirring in fruit to dry ingredients at Stage 2
2 Leave dough in bowl, covered with a damp cloth. Put in a warm place to double in bulk (30-45 minutes)
3 Turn on to well floured surface, cut into three
4 Plait these pieces together, place in greased 1 lb loaf tin
5 Leave to prove in a warm place until risen almost to top of tin (20-30 minutes)
6 Bake in moderately hot oven (400°F, gas mark 6) for 35-40 minutes

Tea Cakes

½ sachet Be-Ro Dried Yeast (¼ oz or 1½ teaspoons) or ½ oz Fresh Yeast
1 teaspoon Sugar
¼ pint warm Water (1 part boiling to 2 parts cold)

1 lb Be-Ro Plain Flour
1 teaspoon Salt
1 oz Caster Sugar
¼ pint Milk
2 oz Lard
4 oz Sultanas and Currants
1 oz Cut Mixed Peel (optional)

1 Reconstitute dried yeast in warm water with 1 teaspoon sugar until frothy (page 59) or cream fresh yeast
2 Place flour and salt in a warm bowl, rub in lard
3 Pour yeast mixture and milk into flour, add sultanas and remainder of sugar, knead thoroughly into dough
4 Divide into 6-8 pieces, knead each lightly into circular shape
5 Place on a greased baking sheet. Prove in a warm place until double in bulk (15-20 minutes)
6 Brush tops with milk. Bake in hot oven (425-450°F, gas mark 7-8) for 10-15 minutes

Cheese Plait

1½ teaspoons Be-Ro Dried Yeast or ½ oz Fresh Yeast
½ teaspoon Caster Sugar dissolved in ¼ pint warm Water (1 part boiling to 2 parts cold)

8 oz Be-Ro Plain Flour
½ teaspoon Salt
½ teaspoon Mustard
¼ teaspoon Paprika Pepper
3½ oz Grated Cheese

1 Reconstitute dried yeast with sugar in warm water, or cream fresh yeast
2 Sift flour and seasoning together in a bowl, add 2 oz cheese
3 Add yeast liquid, mix until dough leaves sides of bowl clean
4 Turn on to floured surface, knead for 10 minutes
5 Return dough to a clean, greased bowl, leave in a warm place until double in size
6 Turn out and knead lightly, place dough in a greased tin, or divide into three and plait together, place on a greased baking sheet
7 Leave to prove in a warm place for 20 minutes, then brush top with milk and sprinkle with remaining cheese
8 Bake in hot oven (450°F, gas mark 8) for 10 minutes, lower heat (to 400°F, gas mark 6) for a further 15 minutes

Savarin

½ sachet Be-Ro Dried Yeast (¼ oz or 1½ teaspoons) or ½ oz Fresh Yeast
5 tablespoons warm Water
2 teaspoons Caster Sugar
6 oz Be-Ro Plain Flour
2 Eggs
2½ oz Margarine

1 Reconstitute dried yeast with 1 teaspoon sugar in warm water, or cream fresh yeast
2 Add remaining sugar to flour, beat eggs lightly and add to flour with yeast liquid
3 Cover with cloth and leave to rise (about 30 minutes) until double in size
4 Cream margarine, beat into dough a little at a time
5 Grease a Savarin Mould (a deep 7 inch cake tin with a clean tin about 3 inches diameter in the centre may be used as an alternative)
6 Place dough in mould, allow to prove 15-20 minutes
7 Bake in moderately hot oven (400°F, gas mark 6) for 25-30 minutes
8 When cold, pour *Rum Syrup* over Savarin. Fill centre with a mixture of fruits. Spike with blanched almonds and pipe with cream.

Rum Babas

Basic Savarin Dough
1½ oz Currants

1 Make as Savarin, add currants to dough after margarine
2 Grease, flour and warm Baba tins. Half fill with dough, allow to prove 10-15 minutes
3 Bake in moderately hot oven (400°F, gas mark 6) for 10 minutes
4 When cool, dip Babas into *Rum Syrup*, drain and roll in caster sugar. Decorate with whipped cream, chopped nuts and fruit

Rum Syrup

8 oz Sugar
½ pint Water
2 tablespoons Rum
Juice of half a Lemon

1 Boil sugar and water until a clear syrup
2 Allow to cool slightly, add rum and lemon juice

Hot Water Crust Pastry

Requiring a stronger dough than other pastries, Hot Water Crust is made in a completely different way, being mixed hot, and moulded into shape with the hands. This method produces a partly cooked dough with sufficient strength so that the pastry case can both keep its shape and hold up the weight of pie filling during the lengthy baking time.

Hot Water Crust Pastry

8 oz Basic Recipe

8 oz Be-Ro Plain Flour
½ teaspoon Salt
3 oz Lard
4 tablespoons Water

FILLING

12 oz Chopped Lean Pork
Sage and Seasoning to taste
2 tablespoons Stock

1 Mix flour and salt in bowl, make a well in the centre

2 Boil water and lard together, add quickly to the flour mixture. Mix rapidly with a wooden spoon.

3 Knead with hands until the dough is soft and pliable. Do not allow the pastry to become cold, or it will crack in moulding

4 Cut off a quarter of the dough, set aside and cover to keep warm. Shape remaining three-quarters of dough with the hands, or roll out, to line the pie mould or tin

5 Pack tightly with filling. Roll out pastry set aside for lid

6 Damp edges of pie and lid, put into place, press the two edges of pastry together and trim off surplus pastry with scissors. Use trimmings to make leaves for decoration

7 Flute edges of pie, make a hole in the centre and arrange leaves

8 Bake in moderately hot oven (400°F, gas mark 6) for 20 minutes, reduce heat (350°F, gas mark 4) for 1¼-1½ hours, until meat is cooked. If pastry becomes too dark, cover with greaseproof paper or foil during the last stages of cooking

9 Remove tin, brush over pie with a mixture of egg yolk and water, return to oven for 5 minutes to set the glaze

10 Make jelly by placing ¼ pint stock and ½ teaspoon gelatine in a saucepan, dissolve over a low heat and season to taste. Allow to cool

11 When pie is cool, pour jelly through a funnel into the top of pie

ALTERNATIVE FILLINGS

Replace 12 oz chopped pork in recipe with either 8 oz chopped pork and 4 oz sausage meat

or 8 oz chopped pie veal, 2 oz raw ham or bacon and a hard-boiled egg

or 8 oz breast meat of game bird with 4 oz veal or pork

Flaky Pastry

Flaky Pastry calls for a little more care and trouble in making than 'Ruff Puff', but for special pies and pastries, the beautifully light, crisp crust is well worth the time spent.

Cool working conditions and skill with the rolling pin are both important. The object is to incorporate thin layers of fat between thin layers of dough and so encase as much air as possible. When placed in a hot oven, this air expands and lifts each thin layer of pastry up separately, so plain flour is used. The dough is more 'sticky' than 'Ruff Puff' and more flour is needed for rolling out. Brush off surplus flour before folding to maintain the recipe balance. Before rolling, lightly seal edges of folded dough with rolling pin so that the fat does not burst through. To glaze, brush over the surface of the pastry, not the sides, as this will prevent rising. Always bake in a very hot oven.

Flaky Pastry
8 oz Basic Recipe

8 oz Plain Flour
Pinch Salt
8 oz Fat (equal Margarine and Lard)
Cold Water (about ¼ pint)
1 teaspoon Lemon Juice (optional)

1 Mix flour and salt in bowl
2 Blend fats together and divide into four portions
3 Rub one portion of fat into flour, add lemon juice and enough cold water to form an elastic dough, using a knife
4 Turn out on to well floured board, and roll out into a rectangular strip. Brush off surplus flour
5 Cover two-thirds of pastry rectangle with another portion of fat, dotting over the surface in knobs
6 Fold the pastry into three by bringing the end without fat to the centre, then folding down the other third
7 Press together pastry edges with fingers or rolling pin, give pastry half a turn, so that folds are to left and right, and roll out lightly
8 Repeat the process twice more to use up the remaining two portions of fat, rolling out afterwards
9 Fold pastry and leave in a cold place for an hour before rolling out to required shape for use

Vol-au-Vent

Small bouchée cases are ideal for parties

8 oz Be-Ro Flaky Pastry (page 68)
$\frac{1}{4}$ pint White Sauce (page 76) added to any of the following:
Prawns
Chicken and Ham
Ham and Mushroom
Shrimp and Egg
Lobster or Crayfish
Salmon

1 Roll out pastry thinly, cut to desired shape and size. Cut half way through the vol-au-vent, within 1 inch of the edge, this will finally be the lid
2 Place on a damp baking sheet and bake in hot oven (450°F, gas mark 8) until firm, about 10-15 minutes
3 Take from oven, remove 'lid'. Allow to cool, then fill and replace lid. Serve hot or cold

Cream Horns

8 oz Be-Ro Flaky Pastry (page 68)
Jam
Whipped Cream

1 Roll pastry into an oblong about the thickness of a penny, cut into strips $\frac{1}{2}$ inch wide
2 Moisten one edge of each strip and roll round cream horn tin, starting at pointed end and overlapping the pastry slightly
3 Place on a wet baking sheet and leave to rest for 10-15 minutes in a cool place
4 Bake in hot oven (425-450°F, gas mark 7-8) for 10-15 minutes until crisp and golden, remove tins and return to oven for a few minutes to dry out the insides
5 When cold, place a little jam in each. Fill with whipped cream and dredge with icing sugar

Anchovy Twists

8 oz Be-Ro Flaky Pastry (page 68)
1 tablespoon Grated Cheese, Parmesan for preference
1 tablespoon Cream
1 tablespoon fresh Breadcrumbs
1 tablespoon Anchovy Essence or Paste
1 Egg, beaten

1 Roll out pastry to a rectangle, 18×6 inches, trim edges and cut in half lengthways

2 Mix together cheese, breadcrumbs, anchovy essence and cream, spread over one piece of pastry; cover with the other

3 Brush the top with beaten egg or milk, cut into strips one inch wide

4 Twist strips, place on a wet baking sheet and put to rest in a cool place for 20 minutes

5 Bake in hot oven (425°F, gas mark 7) for 10-15 minutes

Use any flaky pastry trimmed-off edges for eccles cakes, etc., for this pastry cannot be re-rolled to give perfect results, since the pastry rises unevenly with mixed layers

Eccles Cakes

8 oz Be-Ro Flaky Pastry (page 68) or any trimmings left from other flaky pastry recipes
2 oz Butter or Margarine
4 oz Currants
2 oz Brown Sugar
2 oz Cut Mixed Peel

1 Melt butter in saucepan, add the fruit, sugar and peel. Mix together

2 Turn mixture into basin and allow to cool

3 Roll out pastry $\frac{1}{4}$ inch thick, cut into large rounds with plain cutter

4 Place a spoonful of filling on each round, damp the edges of pastry and draw them together to enclose filling

5 Turn smooth side up and roll lightly to about 3 inch diameter

6 Cut tops to show filling, brush with milk or beaten egg. Sprinkle with caster sugar

7 Bake in hot oven (425-450°F, gas mark 7-8) about 20 minutes

Rich Shortbread

The traditional Bridal Cake of Scotland, Rich Shortbread has just three ingredients — plain flour, sugar and butter. Easily made and baked as Petticoat Tails or Fingers, shortbread keeps well and has a delicious flavour.

Petticoat Tails

9 oz Be-Ro Plain Flour
3 oz Caster Sugar
6 oz Butter

1 Mix flour and sugar in a bowl, rub in butter.

2 Knead well to form a smooth paste.

3 Divide into two equal parts, shape and flatten into two 7 inch rounds, one inch thick.

4 Mark top into portions, decorate edges and prick with a fork. Place on a greased baking sheet.

5 Bake in moderate oven (325-350°F, gas mark 3-4) for 25-30 minutes, until a pale golden colour.

Shortbread Fingers

Make as for Petticoat Tails, roll out, decorate top with fork markings, and cut into fingers. Bake in moderate oven for 20-25 mins.

Swiss Shortcakes

6 oz Butter
2 oz Caster or Icing Sugar
6 oz Be-Ro Plain Flour
½ teaspoon Vanilla Essence
Glacé Cherries

1 Cream butter and sugar, add essence and flour, beat well with a wooden spoon.

2 Place mixture in a piping bag with ½ inch rose-nozzle, pipe into paper baking cases, place a piece of cherry in the centre of each.

3 Bake in moderate oven (325-350°F, gas mark 3-4) for 20-25 minutes.

4 When cool, dredge with icing sugar.

Choux Pastry

Choux Pastry (pronounced 'shoo') comes from France and several recipes, such as Eclairs, still retain their French names.

This pastry is easy to make and produces light attractive shapes, of crisp texture, suitable for both sweet and savoury finishes.

Plain Flour is used, since the eggs and air introduced at the beating stage provide the raising power. The wet baking sheet produces steam to help the raising action.

Choux Paste

4 oz. Basic Recipe

4 oz Be-Ro Plain Flour
2 oz Butter or Margarine
$\frac{1}{4}$ pint Water
3 Eggs

1 Place fat in water and melt over gentle heat, then bring to boil
2 Remove from heat and stir in flour
3 Return to heat, stirring until mixture forms a ball in middle of pan
4 Allow to cool
5 Lightly whisk eggs and beat thoroughly with a wooden spoon into cooled mixture, a little at a time

Eclairs

4 oz Be-Ro Choux Paste (see above)
Cream
Chocolate or Glacé Icing (page 78)

1 Place choux paste into forcing bag with $\frac{1}{2}$ inch nozzle
2 Grease baking sheet, then run under cold tap, leaving a film of water on tray
3 Pipe mixture into $2\frac{1}{2}$-3 inch lengths and bake in hot oven (425°F, gas mark 7) for 20 minutes
4 Make slit down one side of each éclair and leave to cool
5 Fill with whipped cream and coat with *Chocolate* or *Glacé Icing*

Cream Puffs

4 oz Be-Ro Choux Paste (page 72)
Cream
Icing Sugar

1 Place choux paste into forcing bag with $\frac{5}{8}$ inch nozzle
2 Grease baking sheet, run under cold tap, leaving film of water on tray
3 Pipe rounds on tray. Cover with another deep tin and bake in hot oven (425°F, gas mark 7) for 30 minutes
4 Remove from baking tray and make a slit down one side
5 When cold, fill with whipped cream and dredge with icing sugar

Party Ring

4 oz Be-Ro Choux Paste (page 72)
Fresh, Bottled or Tinned Fruit
Cream to decorate
A little Glacé Icing
Chopped Nuts

1 Place choux pastry into a forcing bag with $\frac{5}{8}$ inch nozzle
2 Grease baking sheet, then run under cold tap leaving a film of water on tray
3 Pipe two rounds 7 inch diameter on tray (use two small trays with one round on each if necessary)
4 Cover with another deep tin, bake in a hot oven (425°F, gas mark 7) about 30 minutes
5 Make a slit in each ring as soon as it is removed from the oven to allow steam to escape
6 When cool, layer and decorate with fruit and cream. Cover top with *Glacé Icing* (page 78) and chopped nuts

Batters

A batter is a smooth mixture of flour, milk (or milk and water), and generally an egg. The mixture is beaten well, as the name implies, and in the process air is incorporated in the mixture. This air expands in cooking to give a light texture.

Pancakes
Basic Recipe

4 oz Be-Ro Plain Flour
¼ teaspoon Salt
1 Egg
½ pint Milk (or Milk and Water)
2 oz Lard or Fat

1 Mix flour and salt in a basin, make a hollow in the centre and drop in egg
2 Stir with a wooden spoon and add liquid gradually, until all the flour is worked in
3 Beat well and add remaining liquid
4 For each pancake, melt a small piece of fat in the frying pan. When it begins to smoke, stir the batter and place two tablespoonsful into the pan
5 When golden brown underneath, turn and cook other side
6 Turn out on sugared paper, sprinkle with sugar and roll up
7 Place on a hot dish and serve immediately with sugar or syrup, lemon or orange

Toad in the Hole

Batter as for Pancakes
½ lb Sausages or Sausage Meat

1 Skin sausages and cut in half (with sausage meat form into thin shapes). Place in dripping tin and cook for about 10 minutes (425°F, gas mark 7)
2 Pour batter over partly cooked sausages and cook for a further 30 minutes.

Lamb chops make a tasty alternative to sausages

Yorkshire Pudding

Batter as for Pancakes
½ oz Dripping or Lard

1 Melt fat in a shallow dripping tin or small tins. Place in oven until haze appears

2 Pour all the batter into a large tin, or half fill small tins

3 Bake in hot oven (425-450°F, gas mark 7-8) about ½ hour for a large pudding, 20 minutes for smaller ones

Savoury Pancakes

Make Pancakes. Fill with meat, cheese or vegetables, roll up and arrange on dish. Coat with *Savoury Sauce* (page 76) and reheat.

Apple Fritters

4 oz Be-Ro Plain Flour
Pinch Salt
1 Egg
¼ pint Milk
Apples

1 Make batter as for Pancakes (page 74)

2 Peel, core apples and cut into rings

3 Coat rings with batter and deep fry in faintly smoking oil or fat, cook both sides until golden brown

4 Drain, toss in caster sugar and serve hot
Use pineapple rings or bananas as alternative fruit

Coating Batter

Batter as made for Fritters may be used to coat fish, luncheon meat, potatoes, etc., before frying.

Sauces

A sauce is a well-flavoured liquid thickened to a suitable consistency and used in the preparation of dishes, or as a dressing, coating or filling. Whether preparing a sweet or savoury sauce, follow the basic recipe and add the appropriate flavour.

Basic Recipes

Pouring White Sauce

1½ oz Butter
1½ oz Be-Ro Plain Flour
1 pint Milk
Seasoning or flavouring as desired

Coating White Sauce

2 oz Butter
2 oz Be-Ro Plain Flour
1 pint Milk
Seasoning or flavouring to taste

1 Melt butter in a saucepan over moderate heat
2 Add flour and beat until smooth, remove from heat
3 Add milk, a little at a time, and beat well
4 Bring to the boil and cook gently for 2-3 minutes, stirring all the time. This completes the cooking of the starch in the flour

Rich White Sauce Add an extra 2 oz butter to the completed sauce after it has cooled slightly.

Sweet Sauces

Basis: 1 pint White Sauce flavoured with:
Vanilla Add 1 tablespoon Sugar and few drops Vanilla essence.
Marmalade Add 2-3 tablespoons Marmalade after cooking.
Mocha Add 1 tablespoonful grated Chocolate and ½ teaspoon Coffee essence, then bring to the boil again for 2 minutes.

Savoury Sauces

Basis: 1 pint White Sauce, ½ teaspoon Salt, pinch Pepper.
Cheese Add 4-6 oz grated Cheese.
Parsley Add 1 tablespoon chopped Parsley after cooking.
Onion Add ½-lb cooked chopped Onions.
Mushroom Add 2 oz finely chopped cooked Mushrooms.
Shrimp or Prawn Add 4 oz chopped Shrimps or Prawns.

Savoury Toppings

Ideal for open sandwiches with white or brown bread (pages 61 and 77), and as toppings for plain scones, wheatmeal scones and cheese scones (pages 6 and 7).
Cream Cheese topped with Olives.
Cheese garnished with Cucumber and Gherkins or grated and moistened with Pickle and Salad Cream.
Tomato topped with Cucumber and Sausage.
Pâté garnished with Tomato or topped with Onions on sticks.
Ham or Tongue, with Mustard, topped with chopped Gherkins.
Egg dressed with Lettuce and Anchovies or topped with Sausage speared on to a cocktail stick.
Salmon, with Mayonnaise and topped with Cucumber.

Wheatmeal Flour

Brown Bread

See Yeast Cookery notes (page 59-60)

1 Sachet Be-Ro Dried Yeast (½ oz or 3 teaspoons) or 1 oz Fresh Yeast
1 teaspoon Caster Sugar
3 lb Be-Ro Wheatmeal Flour
4 teaspoons Salt
1½ pints Warm Water (1 part boiling, 2 parts cold)

1 Reconstitute dried yeast in ¼ pint of recipe water with sugar (page 59)

2 Mix flour and salt in a warm bowl, make a well in centre, add yeast liquid and remaining warm water

3 Mix to a firm dough, place on floured board and knead thoroughly for 5 minutes

4 Place in a clean, greased bowl. Cover with a damp cloth or greased polythene sheet and put to rise in a warm place until double in bulk (45-60 minutes)

5 When fully risen, knead dough again for a minute, divide into two

6 Shape dough, place in two warm greased large bread tins (or 7 inch cake tins) pressing firmly into corners. Cover with a dry cloth and prove in a warm place, until dough rises to top of tin (20-40 minutes). Alternatively, quarter the dough and use four small tins

7 Bake in a moderately hot oven (400-425°F, Gas Mark 6-7) for 45-50 minutes, until bread has a firm crust

Wheatmeal Rolls

½ Sachet Be-Ro Dried Yeast (½ oz or 1½ teaspoons) or ½ oz Fresh Yeast
1 teaspoon Caster Sugar
1 lb Be-Ro Wheatmeal Flour
1 teaspoon Salt
½ pint Warm Water (1 part boiling, 2 parts cold)

1 Reconstitute dried yeast in ¼ pint recipe warm water with sugar (page 59)

2 Follow recipe for brown bread stages 2-5

3 Divide dough into 12 pieces, shape into rolls and place on a greased baking sheet. Prove in a warm place for 20 minutes

4 Bake in a hot oven (425-450°F, gas mark 7-8) for 15-20 minutes

For added flavour, use honey in place of sugar in these recipes

Icings and Fillings

Butter Icing (Butter Cream)

Sufficient to sandwich 6-7 inch cake

2 oz Margarine or Butter
4 oz sieved Icing Sugar
Flavouring and Colouring as required

1 Cream fat, gradually add icing sugar and cream together
2 Add flavouring and colouring

Double this quantity to sandwich and coat a 6-7 inch cake.

Suggested Flavourings

1 Half teaspoon Vanilla Essence.
2 Half teaspoon Almond Essence.
3 Finely grated Rind Orange/Lemon and a teaspoon Orange/Lemon Juice.
4 2 teaspoons Coffee Essence
5 1 oz melted Chocolate
6 2 teaspoons Cocoa and half teaspoon Vanilla Essence
7 Chopped Walnuts

Glacé Icing

Sufficient for top of 6-7 inch cake

4 oz sieved Icing Sugar
1 tablespoon warm Water
Flavouring and Colouring

1 Place icing sugar in basin, add water
2 Stir until smooth, add flavour and colouring. Use at once.

Milk Chocolate Icing

Sufficient to fill and coat 7 inch cake

2½ oz Margarine
4 tablespoons Cocoa
8 oz sieved Icing Sugar
3 tablespoons hot Milk
1 teaspoon Vanilla Essence

1 Melt margarine, blending in cocoa, then stir in icing sugar, milk and essence
2 Beat until smooth and thick

Plain Chocolate Icing

Sufficient for top of 8 inch cake. Ideal with *Chocolate Spice Cake* (page 46).

1 oz Margarine
5 oz Icing Sugar
3 teaspoons Cocoa
1 tablespoon Boiling Water
Few drops Vanilla Essence

1 Cream margarine, beat in icing sugar and cocoa
2 Gradually stir in boiling water, add vanilla essence and beat well

Rich Almond Paste

For Wedding, Christmas and Celebration Cakes, sufficient for 8-9 inch cake. See pages 47-48.

10 oz Ground Almonds
8 oz Caster Sugar
8 oz Icing Sugar
2 Eggs (small)
Teaspoon Almond Essence (optional)

1 Place dry ingredients in a bowl
2 Add essence, then just enough beaten egg to make a stiff paste

Royal Icing

Sufficient for an 8-9 inch cake See pages 47 and 49.

2 lb Icing Sugar
Whites of 4 Eggs
2 teaspoons Lemon Juice

2 teaspoons Glycerine may be added to keep icing soft

1 Lightly beat egg whites and lemon juice together
2 Sieve icing sugar, add half to egg whites, beat well
3 Add remainder of sugar gradually, stirring well until stiff enough to stand in peaks in the bowl

Battenburg Icing

Less expensive than Rich Almond Paste, this recipe is useful for children's party cakes. Sufficient for the top of 8-9 inch party cake, and for *Battenburg Cake* (page 45).

2 oz Ground Almonds
3 oz Icing Sugar
3 oz Caster Sugar
Few drops of Almond Essence
1 Egg

1 Place dry ingredients in a bowl
2 Add essence and sufficient beaten egg to make a stiff paste

Arrowroot Glaze

1½ teaspoons Arrowroot
¼ pt Fruit Juice or Water

1 Blend arrowroot with a little of liquid
2 Boil remaining liquid, pour on to arrowroot, return to pan and cook until mixture clears. Cool before using.

Sugar Glaze

Place in a saucepan, 2 tablespoons each of Milk, Water and Caster Sugar. Heat gently until sugar is dissolved, then boil for 2 minutes. Use while hot

Blanching Almonds

Cover Almonds with boiling water, leave for 2-3 minutes, drain, cover with cold water, then the brown skin will be easily removed

Be-Ro cuts out oven doubt

Be-Ro Self Raising Flour packed in 1 lb, 3 lb and 6 lb sizes
Be-Ro Plain Flour packed in 1 lb, 3 lb and 6 lb sizes
Be-Ro Wheatmeal Flour packed in 3 lb bags
Be-Ro Dried Yeast supplied in handy sachets
Be-Ro Ground Rice. Recipes on every pack, see also pages 14, 28, 29 and 46
Be-Ro Snowcake Mixture, a delicious Be-Ro speciality.

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Designed, Photographed and Printed by J. Howitt & Son Ltd., Nottingham 10/67

Be-Ro

SWISS ROLL

VICTORIA SANDWICH

Cuts out oven doubt